THE LIBRARY OF CONGRESS
1800

WHAT EVERY FAMILY WANTS.

THE

FAMILY PHYSICIAN;

CONTAINING

SIMPLE REMEDIES, EASILY OBTAINED, FOR THE CURE OF DISEASE IN ALL ITS FORMS.

BY RACHEL M. WATSON, M. D.

LIBRARY OF CONGRESS
1868
CITY OF WASHINGTON

SALEM, OHIO:
J. K. RUKENBROD, PUBLISHER.
1868.

R. C 31
.N 36

Entered according to Act of Congress, in the year 1868, by

RACHEL M. WATSON, M. D.,

In the Clerk's Office of the District Court of the United States for the Northern District of Ohio.

1 21190
608

75

TO THE
MEMORY OF
AARON COMFORT,
Of Philadelphia,
GRANDSON OF THE LATE JOHN WOOLMAN,
This Work
IS RESPECTFULLY DEDICATED,
BY HIS
GRATEFUL FRIEND,
THE AUTHORESS.

INTRODUCTION.

THE object of this work is to diffuse information in regard to attendance upon the sick; how to cook for them, and to prepare drinks, poultices, etc., and how to guard against infection from contagious diseases. It gives the symtoms of fevers, with the best and simplest remedies for their cure. It also treats of the various diseases of children, of cholera in all its forms, with infallible remedies if timely and perseveringly applied.

It was presented to my mind several years since to publish a little work for the benefit of my fellow-creatures, especially those of my own sex, giving my experience in the treatment of disease, and observations on its nature. I have been both a sufferer and a witness of the direful effects of ignorance on the part of some, and of others a prejudice against a plain and simple method of treating disease according to the laws of nature, and in the use of her own remedies, with which we are so amply provided, and which are trodden under foot, as useless, by thousands of sufferers,

who might, by a judicious use of them, rise to a higher physical life,—we might say *moral*, also,—for a perfectly sound and healthy mind cannot exist in a worn-out body.

I desire to make this a plain, practical work, free from medical terms, and easily to be understood. From knowledge acquired from several year's experience in the practice of medicine, I shall endeavor to contribute to this many valuable articles on the treatment of most diseases, to which I add a number of valuable recipes, many of which I can recommend from personal experience in the use of them. These recipes may soon save you many times the cost of the book.

The authoress begs leave, as she considers it a duty to her readers, as well as to herself, to quote many recent observations and discoveries in the treatment of disease.

> "Hast thou power? the weak defend;
> Light? give light—thy knowledge lend."

The way to health, as Franklin remarks on wealth, "is as plain as the way to market." Every person should acquire a knowledge of medicine for their own benefit,—particularly mothers,—whether they intend to practice it or not. The art of preventing and curing disease is simple and easily learned if rightly undertaken. A late writer observes that if women generally understood

properly their own physiology and hygiene, and that pertaining to their offspring, there would be *vastly less* of suffering among them and in their families, and fewer cases of "Female Weakness," for which *remedies* are advertised in almost every paper. This would strike at the root of the evils sought to be remedied, by removing the ignorance of women on these subjects, which fosters prudery and false ideas of life and the relations of the sexes. All persons, (women as well as men,) should have proper and thorough instruction on all points which relate to their health and happiness. Knowledge of *themselves*, and all that is attainable of the mysterious phenomenon of *life*, is more essential to women, for it most deeply concerns them. It is they who have the care of our little ones, and on them depend the health of the future generations. This knowledge can be obtained by all, if sought in earnest.

Much credit is due our well known friend, Dr. Joseph S. Longshore, of Philadelphia, for the advancement of a school in that city for the education of females, in an annual report of which, he says, "as a means of insuring a more healthful and better development of the race; a more thorough knowledge of physiology and the laws of life is indispensable; a thorough change is needed, nay, demanded in the education and physical training of women. She must know herself,

physiologically, and be made fully to understand the high mission she is destined to fill in the relation of wife and mother. Otherwise, herself and posterity must continue to suffer the penalties ever consequent upon violated laws."

DEATH OF SAMUEL THOMSON, M. D.

—o—

When the death of a good and great man is announced, we love to dwell on the virtues and commemorate the distinguished services he has rendered to his fellow man. The death of Samuel Thomson is a strong elucidation of this inclination of the human mind. He seemed to possess that peculiar cast of intellect so necessary for one engaged in the healing art; a characteristic of mind given by nature, and which cannot be acquired by the reading of books, or the study of theories.

In early life he searched the vegetable kingdom for remedies to remove disease from the human system. Without instruction, or the least aid from any one, he discovered the properties of various plants; and to test their healing powers, he tried experiments on himself.

When he made these discoveries, it is doubtful if he had ever seen, much less, read a book on botany, or *materia medica*. He came from his Maker's hand, a *botanist*, and without a diploma from any college, he became well versed in the healing

properties of plants, and became highly skilled in removing diseases to which human nature is heir. His system is founded on the clearest principles of philosophy; agreeing with Hippocrates of old, and the great Rush, of whose fame, as a medical man, Americans are proud. In one life, not unusually protracted, Thomson saw at least 3,000,000 intelligent beings embracing his system of practice. He was the originator of the botanic system of medicine; a system that, in forty years, and during his own life-time, has saved millions of human beings from a miserable life and a premature grave; a system which spread more rapidly over the world, than any other system ever did upon its own merits; a system which will immortalize its founder.

We do not say that this system has no defects, or even errors; but we maintain that its main foundations are on the rock of eternal truth, and can never be shaken. Future generations may build upon it, but other medical foundations "can no man lay," which will stand the test of enlightened experience. His negative position, that what will kill a well man should never be given to the sick, and his position that all medicines, or remedial means should harmonize with the physiological actions, will stand unaltered while the world shall stand. "All disease is caused by obstruction to the vital action; and all remedies

must be directly calculated to remove these obstructions," was his motto. Furious was the war waged against him, and against all who dared to uphold him. It was as much as any man's reputation was worth to avow himself a follower of Thomson. But how has truth triumphed over falsehood; innocence over calumny; right over wrong; nature over scientific imposture! We do not say or believe that he has exhausted the field of medical discovery or improvement; for it will not be given to any single mind to do this; and something more still undoubtedly lies beyond, in due season to be revealed. Yet I am satisfied, both from experience and observation, of its excellent results; having had upwards of thirty years acquaintance with this system of medicine, I pronounce it incomparably superior to any which schools have designed to approve.

This great reformer and benefactor departed this life in Boston, Massachusetts, on the fourth of the tenth month, 1843, in the seventy-fifth year of his age.

"Nothing great is lightly won,
Nothing won is lost;
Every good deed nobly done,
Will repay the cost."

LETTERS OF DR. WATERHOUSE.

—o—

THE following letters, written by Benjamin Waterhouse, M. D., we copy from the *Philadelphia Medical Journal*, believing that, though many of our readers may have read them before, they will still bear another reading without taxing the patience of any one. "Dr. Waterhouse, it will be remembered, was a lecturer on the *Theory and Practice of Medicine* in the Cambridge University, (Mass.), for a period of *twenty-seven years*. His fame, as *medical* philosopher, has extended to France, England, and Germany, in which countries he is deservedly appreciated and admired; and even previous to his Essays on Thomson's System of Medicine, he was regarded in this country as one of the brightest ornaments of the medical profession."

No. I.

To the Editor of the Boston Courier:—I have lately read with considerable interest, and some surprise, a little volume of nearly two hundred pages, entitled: "A Narrative of the Life and Medical Discoveries of Samuel Thomson, contain-

ing an account of his System of Practice, and manner of Curing Disease with Vegetable Medicines, upon an Plan entirely New;" to which is added his New Guide to Health, containing the principles upon which the system is founded.

While reading the book, I said to those who recommended it to my perusal, this man is no "Quack." He narrates his medical discoveries, gives an account of his system of practice, together with his manner of curing disease, upon a plan confessedly new; to which he adds the *principles* upon which his new system is founded. He who does this is no *Charlatan*, but by uniting theory to practice, merits attention. With these ideas of cultivation and promulgation of human knowledge, I read the narrative of Samuel Thomson, and soon perceived that he was a man of good capacity, persevering temper, and benevolent disposition, and then he acquired his knowledge of the hitherto unknown virtues of certain plants by experiments, first on himself and then on those about him. In the course of twenty or thirty years, he arranged his experimental knowledge into a system, as did the father of physic before him, however imperfect; and, having done this to the best of his power, (for he had no literary education,) he published the result of his experience, labor and thought to the world, for it to judge of them and of him.

Auto-Biography is a profitable species of writing to the world, but dangerous to the writer himself, especially if a professional man, or a political partisan; before he can gain credit for one honorable motive, every sinister object that can be imagined will be laid to his account. Who, among his competitors, will exercise that impartiality on hearing his story, which they require of him in relating it? Narrow minded jealousy will pervert everything. We may allow for a little high coloring in controversy with rivals—very few physicians or divines are free from it; but if Samuel Thomson, in the narrative of his life, has not turned aside from facts, he has been unjustly treated, and in some instances most cruelly persecuted. He has given names, dates, places and events, and spoken of judges, sheriffs, jailors, and witnesses, in a style so plain as to exclude equivocation; and the same of a noted preacher. If what he has said of them be false, he ought to be exposed and publicly punished; if true, he merits protection.

His discoveries are valuable or insignificant; his practice a nuisance or a benefit; his writings, useful, or a tissue of lies and calumnies; his *Patent*, honorable, or a disgrace to our government; and it is not beneath the dignity of any physician, divine, or philosopher, to inquire into the truth of a series of experiments published

with so much confidence, and purporting to be for the benefit of mankind.

I have no doubt that Samuel Thomson has added a very valuable article to the Materia Medica, and that he has again and again relieved the sick when others have failed. From all that I can recollect, I am induced to believe that he is not an avaricious man, but one who is more flattered by success in relieving the sick than in receiving their money. This at least entitles him to a fair and patient hearing. It is possible he may have deceived himself; but it does not appear that he has laid himself out like a conjuror, to deceive others. If this man has devoted the greater part of his life to the relief of his fellow-man, his labors claim respect, and his errors our indulgence; for who of us are free from them? Let the unprejudiced man, who reads his Narrative and Guide to Health, judge for himself; but should he boggle at his theory of heat and cold, let him remember that Thomson, without knowing it, has adopted a theory of Galen; and his idea of the preserving power of nature, the curer of disease and preserver of life, appears to be the same as that acknowledged by Hippocrates; but the writer could not express it in Greek.

Thomson is not a Quack, if by quack, we mean a vain, artful, tricking practitioner in physic. He is an *Experimenter* who accumulates knowl-

edge by his own experience. There was a sect among the ancients who assumed the appellation to distinguish themselves from dogmatists, who, without experience, taught dogmas. If Samuel Thomson be a quack, he is a quack *sui generis*, for being an enemy to concealment, he tells all he knows in as plain a manner as he possibly can, and leaves you to form your own judgment, provided you divest yourself of the fashion of this world in physic, which, with priestcraft, is fast passing away.

Read this book, men of New England, and after making due allowance for the author's condition, situation and provocations, judge whether such a man merits the *persecution* he has endured, and the treatment he has met with.

BENJAMIN WATERHOUSE.

No. II.

TO SAMUEL THOMSON,—*Dear Sir:* To the questions put to me yesterday I answer, that I remain firm in the opinion that you were the discoverer of the remarkable medical virtues of the *Lobelia inflata*, as a safe emetic, and other rare qualities in effectually deterging the stomach and intestines of foul and morbid matter—a prime object in removing all disorders consequent on imperfect digestion. The efficacy and safety of this vegetable I have had ample and repeated proofs of in a number of cases, and in my own person, and

have reason to value it equal to any article in our Materia Medica.

That you yourself were the originator of this compound process, very extensively known under the title of *Thomson's Practice or System*, I have no doubt whatever. I mean the uniting the warm bath, with the thorough cleansing of the whole alimentary canal. I value and recommend it on this account. It effects in three or four days, what we regular physicians use to occupy as many weeks in accomplishing. As a public teacher of the practice of physic, I have told my pupils for nearly half a century past, that when they had learned how to restore the long impaired organs of digestion to their pristine or natural state, they have acquired two-thirds of their profession; and on that simple principle is based the whole doctrine of my printed lecture on the pernicious effects of *smoking cigars* and the inordinate use of ardent spirits.

Furthermore; the regular physician finds it necessary sometimes to make *a great change* in the human frame, or to make a very strong *counter irritation* so as to obliterate the *morbid* or *destructive* one. This used to be done by *quicksilver*, that is, *mercury* in the various preparations; when pushed to a *salivation* it dilapidates, if we may so speak, or dissolves the human fluids, all of which are made up of globules, or round particles, on the *crasis* of which depends the vital integrity of our

bodies, and of course our health and vigor. After the hazardous process of salivation, the physician may, perhaps, be able to say,—*now I have so far* changed the morbid state of the patient, that his disease is conquered, and entirely overcome by the powerful operation of the *mercury*. But then in what condition does he find the sufferer? His teeth are loosened, his joints are weakened, his healthy countenance is impaired, his voice is more feeble, and he is more susceptable of cold, and a damp state of the weather. His original disorder is, to be sure, overcome, but it is paying a great price for it. Secret history conceals from public notice innumerable victims of this sort.

* * * * * * * * * *

I consider a man laboring under a chronic disease of some time standing, who has passed through one, two, or three, (as the case may be) of your processes of the lobelia emetic, to be as much altered as the man who has gone through the very disagreeable and dangerous operation of the mercurial salivation; and if so, your discovery is highly valuable, and on this account it was that I spoke freely and strongly in commendation of the new practice, and was not afraid nor ashamed to hail you as a great *Reformer*, and to give you full credit, and in this view, I have always considered you as standing on higher ground than *Paracelsus*, who was born in 1493.

As to the point of your *originality*, I will sum it up in as few words as I possibly can—I regard you as the *Tree*, the root and trunk, of the Lobelia and vapor bath system conjoined: its limbs your immediate agents, and its leaves and fruit, the purchasers of its rights and privileges—all deriving their value from the Tree of Knowledge, and having said this, I have performed a greatful office, and I may add, duty, to all around me, and remain, and hope ever to remain,

Your steady friend,

BENJAMIN WATERHOUSE.

No. III.

Dr. Thomson was indicted before Chief Justice Parsons, for poisoning with Lobelia, but the charge was of so frivolous a character that he was discharged without being put upon his defence. Here the affair should have rested; but Judge Parsons, to gratify a malicious disposition, made out a garbled report of the case, calculated to injure Dr. Thomson, and reflect discredit upon his system; and this report has now grown into a precedent, and is cited by the old faculty to prove that Thomson's remedies are pernicious. It was not known for many years that Parsons was the author of this report—no one suspecting him of such an act of baseness—but it was ultimately discovered by Col. House, who addressed a letter to Mr. Tyng on

the subject, and received the following answer, which is now in the possession of Dr. Waterhouse.

CAMBRIDGE, Dec. 11th, 1835.

Dear Sir:—I have found the letter to Col. House. This is a copy of it, viz:

NEWBERRYPORT, Oct. 17th, 1825..

Sir:—Yours of yesterday came to hand by this morning's mail. In answer to your inquiry I have to inform you that the late Chief Justice Parsons compiled the report of the case of the Commonwealth *vs.* Thomson, and handed it to me precisely in the words published, soon after the term of the court at which the case was tried.

Your obedient servant,

DUDLEY A. TYNG.

E. G. HOUSE, Esq., Boston.

The original is at your service whenever you shall find it needful. Were the case mine (as much as I lament this law suit) I should insist on your adverse lawyer to define quackery—call on him to explain etymologically the derivation and origin of the word—insist on his drawing the line where quackery ends, and proud science begins. Let your attorney tell his opponent that if Samuel Thomson was a quack, Hippocrates and all the Greek physicians were quacks, and all the Jewish ones also; and every Roman physician, not only through the entire Roman republic, but down

through all the Roman emperors, and all the first ages of Christianity, and down through all the dark ages, and till long after the revival of letters in Italy. Prior to 1400 there were no regular schools of anatomy, and the science of chemistry was unknown, until the Arabians brought the medicinal chemistry into use. The art and practice of physic was the result of experience, and was a collection of facts delivered verbally from father to son, and from tutor to pupil.

Anterior to 1745, the study and practice of physic was very little variant, if any, from what Samuel Thomson, the patriarch of the lobelia and steam system, has by great pains and labor accumulated during more than forty years of an industrious life. The most solid, immovable, and valuable portion of our art, is derived from experience; and the best qualification of it is sagacity, and the next to that is industry—all of which the patriarch, Samuel Thomson, possesses eminently. The scientific physician follows, and copies the rules of others, and that constitutes the learned physician; but Samuel Thomson studies the Book of Nature—that is, the nature of man, and everything about him, as did the famous physicians among the ancients, and some of the best and most successful among the moderns.

Samuel Thomson restricts his means of cure to the vegetable kingdom, and rejects entirely the

mineral one, all except water. I will not dispute with him. Let him stick to his system, and let us regulars profit by it, and in return it would enlarge his own useful knowledge. I confess I have learned several valuable things from his many experiments, and his severe scrutiny into the nature, qualities, and medicinal virtues of our native plants.

I rank Samuel Thomson among discoverers, and respect him as such. He is not an imposter. He has an uncommon stock of natural knowledge, and enjoys the benefit of his discoveries and trials by the security of a patent. The vast West has been benefitted by them, and they have been, in some degree, tributaries to him. I who introduced vaccination into America, in 1799, distributed the blessings of it everywhere in this new world, disclosed everything and kept nothing back; but sacrificed my practice, and even my medical professorship, to that great discovery by which one of the greatest plagues that ever afflicted human nature, has been drawn from the condition of man. I never disputed, except in one instance, with any man or body of men, but gave to the public all my pains and labors. I beat the bush, but never laid myself out to catch the bird. I have the honor, others the profit—while others are unhappy in disputes and unprofitable contentions, I do not repent of my forbearance.

In one thing every thinking man must and will agree; for it admits of no dispute. It will be admitted as an axiom, namely—Thomson's practice has been diffused through New England between fifteen and twenty years, and still maintains its credit; and every year its root strikes deeper, and its branches spread wider and wider. Now make any man of due reflection believe that such a practice could have spread so wide among such a discerning, inquisitive people as we of New England certainly are, without having discovered its nothingness,—its worse than nothingness—its vain and nonsensical pretentions. The thing is impossible. If the lobelia had been proved a worthless plant, it would have been years ago "thrown like a loathsome weed away." On the contrary, I had rather be without that very nauseous powder, ipecac, which makes me spit while I write, than to be deprived of the more agreeable and efficacious lobelia.

We import ipecacuanha from South America, and sometimes use it after it has been a dozen or twenty years out of the ground, whereas we can cultivate the lobelia in our own gardens, and pick it up in our own fields. I not only prescribe it to others, but take it myself, whenever I have any occasion for an emetic. I value it equally with the Peruvian bark, or with rheubarb, jalap or senna, or any other medicinal plant you can men-

tion. Instead of lobelia, it ought in justice, in honor and in gratitude, to be called *Tomsonia emetica.*

But the discovery of the medicinal qualities of this indigenous plant, is not the sole merit or felicity of Samuel Thomson. His vapor bath process, to which the lobelia is the prodromos (or in plain English, file-leader, or fore-runner), is taken together, a very valuable improvement in our practice, if conducted by persons as experienced and as sagacious as the patriarch Thomson.

In England, Parliament would probably have purchased the procedure by a liberal grant. In France, at least under the old regime, the king would have bought it. But we, wiser than any of them, have only tried to pick it to pieces. Still I consider it a valuable anchor, the emblem of Hope, to which is attached a firm cable, that numbers have been trying in vain to pick to oakam; but which will, I trust, be like the strongly twisted cord that binds our happy states together, acquiring strength by age.

To weigh patriarch Thomson in the scales of the regular physician would be as unjust as for them to be weighed by his steelyards. They practice on different principles, feelings and views—each honest in his respective path of art and nature. They both will come out in the same road at last, and travel on together to the temple of honor and profit.

Samuel Thomson, like most reformers, has endured in our county of Essex as much severe persecution as ever was perpetrated in it; which is saying a great deal, when we call to mind the days of the delusion of witchcraft. Though capitally indicted for murder by using lobelia, he was discharged without a trial, after something like a reprimand of a solicitor-general by the Court. Yet it is remarkable that Chief Justice Parsons deemed it worth while to write the report of it in the fourth Vol. of Tyng's Collections.

I feel diffident and doubtful whether I have said too much or too little on a subject that will increase in importance with time. Reformers—originators and exterminators of loathsome and shocking diseases, are always considered benefactors of the whole human race—not merely those who are now living, but of those who shall live after us, as long as letters and other records shall endure.

BENJAMIN WATERHOUSE.

TO SAMUEL THOMSON, Boston.

No. IV.

[Letter to S. L. Mitchell, M. D., L. L. D., of the city of New York.]

CAMBRIDGE, Dec. 19th, 1825.

Dear Sir:—Dr. Samuel Thomson, who has the honor of introducing the valuable LOBELIA into use, and fully proved its efficacy and safety, will deliver you this. He has cured and relieved many

disorders which others could not, without being a regular diplomatized physician, and dared to be a republican in a hot-bed of federalism; for which he has been shamefully ill-treated, even to persecution.

I have aided and assisted Thomson from a firm belief that his novel practice has been beneficial to numbers, and that it may be placed among improvements. If he be a quack, he is a quack *sui generis*, for he proclaims his mode and means. Had John Hunter, whom I well knew, been born and bred where Samuel Thomson was, he would have been just such another man; and had Samuel Thomson been thrown into the same society and associations as John Hunter, he would, in my opinion, have been his equal, with probably a wider range of thought; both are men of talents and originality of thought.

I am, indeed, so disgusted with learned quackery, that I take some interest in honest, humane and strong-minded empiricism; for it has done more for our art, in all ages and in all countries, than all the universities since the time of Charlemagne. Where, for goodness sake, did Hippocrates study? air, earth, and water; man, and his kindred, vegetable; disease and death, and all causalties and concomitants of humanity, were the pages he studied; every thing that surrounds and nourishes us, were the objects of his attention and study.

In a word, (like Thomson), he read diligently and sagaciously the great Book of Nature, instead of the little books of man.

How came your legislature to pass so unconstitutional an act as that called the anti-quack law? such as the Parliament of England would hardly have ventured on; for who will define quackery? Were I sufficiently acquainted with your excellent Governor Clinton, I would write to him on the subject. You New Yorkers are half a century behind us in theological science, but your quack bill looks as if you halted also in physic.

By what I have seen and learned of Mr. Thomson, I wish him success, and the notice of the eminent and the liberal in the profession; and with these views I give him this rapidly written letter to you, and am with a high degree of esteem and respect his steady friend,

BENJAMIN WATERHOUSE.

No. V.

To the Editor of the Boston Courier:—I read in one of your late papers an article entitled, "The Battle of Doctors," purporting to have been contested at Baltimore, on Lyceum ground. The account seemed chiefly serious, but partly ludicrous. But as it related to the very serious subject of health and disease, or in other words life and death,

I could not drive the narrative out of my mind. The practice of physic, I am bold to say, admits of great reform; yet it is no joke, and is really a subject worthy the utmost attention of the people, and I have often reflected with surprise that it has been left at such loose ends in this State, where we scrutinize and fine fault with everything, and every profession, except that on which our comfort depends; for what are riches without health to enjoy them?

It seems the Lyceum question was whether the Thomsonian practice ought to be encouraged? Now this includes another question, viz: whether regular physicians ought to encourage it, or the people? If I mistake not, more than a million of people in the United States have already answered the question and said—*let it be encouraged.*

There arose a serious question in my mind—a question of honor and conscience, namely: ought I to be silent on the solemn subject, or to give my opinion. I have determined on the latter; and that because I have received a considerable number of letters from Maryland, and further south, on the same subject; and as I have received some loaded with postage, the writers may receive the trifling value of my opinion without a cent expense to them or me.

With due submission to that privileged body of physicians denominated through courtesy, the fac-

ulty, I should place Samuel Thomson among the reformers of the healing art.

The famous Galen dictated the laws of medicine full fourteen hundred years after his death, by his then matchless writings. After the revival of letters, Paracelsus, who was born in 1493, in Switzerland, appeared as a reformer of the system of Galen. He was learned in Latin, Greek, and several other languages, and of respectable connections. He first introduced mercury (quicksilver), antimony and opium into the materia medica; but he was arrogant, vain and profligate, and after living the life of a vagabond, died a confirmed sot. He studied mystery, and wrapped up his knowledge in terms of his own invention, so as to keep his knowledge confined to himself and a few chosen followers. The very reverse of Thomson, who performs numberless cures, and makes no secret of the means. The cant pharse of "quack" belongs to the learned Paracelsus; but not to the mystery-hating Thomson, who considers mystery and roguery offsprings of the same father—the man of sin—the old father of lies and deception. If Thomson be a quack, he is a quack *sui generis* or a cheat of a new and singular class.

BENJAMIN WATERHOUSE.

No. VI.

CAMBRIDGE, March 26th, 1836.

To SAMUEL THOMSON, *Botanic Practitioner of Medicine.*

Dear Sir :—In answer to your last letter, I would remark that I continue to receive from divers quarters of our country anxious inquiries with regard to my opinion of you and your practice ; to which I have uniformly said that as far as I know you were the first person who discovered the remarkable medicinal virtues of the *Lobilia Inflata*, even before you knew its systematic name, and called it simply the *emetic weed ;* and that in consequence of the evidences adduced of its value as a medicine, you obtained a patent for it when the Hon. John Quincy Adams was Secretary of State, in which you were aided by the late Dr. Mitchell and Dr. Thornton. Since then you have spread its value through a great part of the United States, and in a great degree silenced your opponents.

I have little hesitation in saying that I consider your joining to its exhibition the *vapor bath* as a matter of no small importance, when carefully conducted by persons of sound judgment and competent experience. I have entire confidence in the safety of the *lobelia*, and in the whole process, when conducted by the patriarch of the science, SAMUEL

THOMSON himself; for the practice is so far from being a trifling one, that I consider it in the class of *Herculean* remedies.

I wish the regular physician had a better opinion of your discoveries in the vegetable kingdom, and that the empiric practioners had a better opinion of the regular or scientific physician. The conduct of Hippocrates is a bright example for both. Experience must be enlightened by reason and theory built upon close and accurate observation. The happy union of the two will form the consummate physician; while the desire of gain, and the ambition of celebrity, may injure both, you, my benevolent sir, have lived long enough in the world to be convinced how slowly beneficial discoveries are received and patronized by the people, when they think that fame and fortune are the predominant motives of the discoverer.

Should it happen that in your business at Washington this letter should fall under the eye of that great and good man, the Hon. John Quincy Adams, he will at once recognize the hand-writing of his old friend and correspondent,

BENJAMIN WATERHOUSE.

PRINCIPLES OF MEDICINE.

——o——

I. "MATTER, in all its diversity of character, quality, form and combination, may be classed in two great divisions, namely: *Organic and Inorganic Matter.*"

II. "Organic matter includes the two vast kingdoms of nature; the animal and the vegetable kingdoms."

III. "Inorganic matter includes all bodies not possessed of *life*, and which are not endowed with a capacity for life."

IV. "Without organization there cannot be life; and again, organized bodies, though possessed of a capacity for life, require the impression of 'stimulants to call it into activity.'"

"Life is the consequence of the operation of stimuli, or excitants, on organized matter."—*Brown.*

"Life is the organism in motion."—*Richrand.*

"A proper organization, and suitable temperature produce life and motion. Caloric, or Heat, is the cause of life and motion."—*Thompson.*

"Caloric, whatever be its nature, is the first and most important of all stimulants; and if it ceases to animate the economy, others lose their influence over it."—*Broussais.*

"There is in an egg, a point of organized matter—a germ endowed with a capacity for life. Place the egg in a temperature of 98 degrees of heat, and vital movements will commence in the elements composing the germ. Under the stimulating power of heat, the germ is nourished, organs developed, and a perfect animal formed. If the egg becomes chilled, vital movement ceases, disorganization and decomposition ensue. The generation of heat within the body is as necessary to vital action in man, as external heat is necessary to sustain vitality in the chick before it bursts from the shell.

V. "It is by the animating power of heat that the system becomes susceptable to the impression of other life-supporting agents; as air, light, electricity, galvanism, food, drinks, and medicine.

VI. "If the system be deprived of caloric for a certain length of time, all the preservative, recuperative and sanative phenomena cease. It is the same also as respects oxygen."—*Broussais.*

VII. "Caloric (heat) brings into play the nerve power, (assumed to be an electro-galvanic influence), which, operating through the medium of the nervous apparatus, carries on and governs all

the vital functions—respiration, circulation, digestion, nutrition, assimilation, &c.; selects and expels effete, or worn out matter, by the pores of the skin, the kidneys, and other depuratory organs; carries on all the various secretions; endows the organs with sensation, and enables the organization to resist the influence of causes that tend to its destruction. It is through the agency of vital energy, inseparably connected with the function of calorification, that the causes of disease are resisted, and health restored when the system is invaded with disease. This is universally true, under all circumstances, in relation to general disease."

VIII. "The mutual action between the elements of the food and the oxygen conveyed by the circulation of the blood to every part of the body, is the *source af animal heat.*"—*Liebig.*

IX. "The law of organic life is fixed; it cannot be changed; but the forces that bring this law into activity, heat, electricity, and magnetism, are never fixed, but are constantly subject to disturbances from perturbating influences."

X. "The laws of life always operate in the fullest degree of perfection, under the attending circumstances. To operate in their greatest degree of perfection, or in other words, to maintain a state of perfect health, it is requisite that all the forces that influence the operation of the laws of life, should be in the most favorable condition."

XI. "A deficiency in the supply of either aliment, atmospheric air, or heat and its associated elements, light, electricity, and magnetism, renders the operation of the laws of life imperfect, and necessarily occasions disease."

XII. "Nutrition, the process by which nutritive material is converted into living organic structure, is the first vital action, and constitutes, during life, the basis of every other vital movement, or function. Disarrangement of the nutritive action of an organ, necessarily impairs its functions.

"The various functions, digestion, respiration, and circulation subserve the purpose of furnishing the necessary supply of nutritive materials; and calorification and enervation are the sources of motion."—*See Comfort's Practice.*

"When Moses went to his brethren in Egypt, and entreated them not to do wrong one to another, the reply was: 'Who made thee a ruler and a judge over us?' When the Saviour of men offered up His life for the redemption of the world from the evils of sin, the cry of those who ought to have been most grateful, was, 'Crucify Him! Crucify Him!' Hence we see that all new discoveries, or projects, meet with opposition; and that as a general rule, the more benevolent the project, the more rancorous the enmity against its proposers. Opposition to a proposition for the consideration of the community, is, therefore, no proof

that it is unworthy of attention." The present is an age of useful and important discoveries. Philosophers and philanthropists examine and scrutinize not only things that are new, but they are revising, correcting, and in many respects overthrowing those principles of human faith and action which have received the sanction of ages. The very principles on which education has been conducted ever since the world began, are now said, and with good reason, to be radically wrong. The very foundations of society are examined and improved.

Shall medicine, confessedly the least entitled of all studies to the honorable appellation of science, escape this general scrutiny? Let us briefly examine its claims to exemption, and offer some reason why every one should be encouraged in their efforts to discover and correct its errors."

What is medicine? Answer. "The object of medical science," say Gregory, Bigelow, Hays, Hooper, &c., "is to teach the art of preventing and curing disease." Does that which is taught in the schools, as medical science, accomplish this? Let its most learned and devoted cultivators answer.

THEORIES OF MEDICINE.

—o—

We will not go far back. The learned Boerhave, in Germany, during the first thirty years of the eighteenth century, collected all the information on medicine that had been elicited previous to his day; but after mature consideration of it, he concluded that all worth remembering was, "Keep the feet warm, the head cool, the body open, and reject all physicians." Medicine has been cultivated in that country ever since, by the most powerful talents and devoted industry, till the last proposition is that of Hannemann, to give the ten millionth part of a grain of poison, instead of two hundred and fifty grains, as practiced in the United States. This is considered a real improvement on the fashionable mineral practice, as no one can deny that if we must take poison for medicine, the less we have of it the better.

Dr. Brown, who studied under the famous Dr. William Cullen, of Edinburgh, lived in his family and lectured on his system, (a system that has had as many advocates and practitioners as any other of modern times), states that these theories are destitute of the "light of truth," and that the

"time thus spent is totally lost." Dr. Abercrombie calls them "the art of conjecturing." Dr. Whiting says "they are, and always were, *false*." Dr. Graham says "they prove the bane of the healing art." Drs. Gregory and Thather say "they have all proven unsatisfactory." Dr. Bigelow says "they are still an ineffectual speculation." Dr. Rush says "those physicians become the most eminent, who soonest emancipate themselves from their tyranny." Dr. Chapman calls them "absurdity, contradiction, and falsehood," and says that attempts to follow them "resemble the blind gropings of Homer's Cyclops round his cave." Rush, still more bold, honest, and candid, says, "dissections daily convince us of our ignorance of the seats of disease, and cause us to blush at our prescriptions." "What mischief have we done under the belief of false facts, and false theories! We have assisted in multiplying disease; we have done more—we have increased their mortality." *Rob.*, *Page* 109. Mackintosh gives practical proofs of this, in his account of surgical operations. A writer of high eminence, (Morgagni), has even hazarded the assertion that "those persons are most confident in regard to the character of disease, whose knowledge is most limited, and that more extended observation generally leads to doubt."—*Intell. Pow*, *Pages* 294–5.

Remarks.—The numerous systems of medicine

—if systems they may be called—that exist at the present day, and the constant changes that are taking place, almost daily, amongst practical physicians of high intellectual power, and scientific attainments, from one system to another, until many of them are led to reject all systems, or frame a new one as chimerical and absurd as those they have rejected, all give evidence that the old system of medicine is destitute of settled principles.

The tenacity with which some men adhere to early received and favorite opinions, in despite of evidence, strong, clear, and lucid, demonstrating their inconsistency in theory, and dangerous tendency when reduced to practice, is truly astonishing; and every effort that may be made to show the fallacy of those doctrines, is met with the most uncompromising hostility and opposition. If physicians are to be considered the guardians of the public—and to a certain extent they undoubtedly are—is it not their duty to examine with candor and impartiality any and every thing that comes recommended by any respectable authority, as an improvement in the healing art? It seems that the duty they owe to themselves as men, the duty they owe to those who employ them as physicians, the duty they owe to the community who look to them for aid in the trying hour of affliction and distress; all, all should urge them to give the subject a thorough and impartial investigation,

and adopt that practice most in accordance with reason, experience, and common sense; and those remedies which are most safe, and whose action on the animal economy is most in accordance with the principles of vitality and laws of life; and reject all of an opposite character and tendency. The proper office of medicine is to aid nature in her healing process; for no medication is able to construct one essential fibre in the human frame, or kindle again the flame of life in an inanimate body. By these facts we are taught never to consider any thing as medicine which does not act in harmony with vital principles.

In the vegetable kingdom alone we find medicines that harmonize with the vital power; hence we call all our remedies from the botanic world. "Here we find remedies which relax the constricted organs, constrict the relaxed, stimulate the sluggish, sooth the irritated, and furnish material from which the system gathers strength and builds again the ruins of its wasted organs." Here we find a balm for every ill. Here we have a theory at once plain and artless—for truth is ever robed in the garb of simplicity. "Our *theory*," says Hatchett, "is not the offspring of speculative philosophy, but it is the child of never-erring nature; that power which made the universe has written it on all his works. Our *practice* is composed of articles obtained, not from the crucible of the

chemist, nor from the secret recesses and deep caverns beneath the ground; but they are prepared by the great apothecary of Nature." "We spring from the earth, we feed upon her bounty, draw our nourishment from her bosom, and our medicines from her breast."

"Moreover in our common exodus from the old Egypt of mercurial practice, however different the modes by which we make our escape, or continue our journey, they all converge and terminate in that Palestine of medicine—a system of practice which preserves the vital energies, which neither debilitates nor poisons; which aims at prevention rather than cure, and which never, in curing one disease, leaves another in its place; nor leaves a constitution impaired by the heroic agencies employed." We are in favor of preserving health when we have it, and for directly restoring it whenever we have lost it. "Violence has no part in our medication—poisons have no place in our materia medica." We have visited the abodes of suffering humanity, and we there learn that the people are alarmed and discouraged by the ill-success of their physicians, and ardently desire reform, are there not reformers enough whose talents, acquirements, and deportment are such as people would sooner trust when sick; or defend them when abused? Let them take courage and break loose from their bondage.

You had far better trust to nature to do the work for you, than to employ those means which would discord her most perfect harmony. We find many who after having suffered for years untold and indescribable miseries, under drug medication, get much better after having discarded the use of them altogether. Others, by the use of lobelia, pepper, and an old-fashioned corn-sweat, have been thoroughly convinced of their efficacy, and feel that they have need of nothing more. In this way the work of reformation is gaining ground; and the previous work of the old system, tends to its propagation. We can but congratulate ourselves in having been so fortunate as to be rescued from the prejudice of the medical science as it stands in the old system of practice, and the consequent abuse that is incurred by a great portion of our people. We plainly see that the spell-bound condition of many people calls for "line upon line and precept upon precept;" and a continuance of our zeal and exterminating agencies, against the various systems of error now in practice in a medical point of view.

Are not too many intelligent, and in many respects, enlightened, persons looking too much to a display of science in treating disease, and not enough to the integrity and true, upright purpose of heart to do good and benefit suffering.

Science has its place in the medical world, and

its uses; a thorough knowledge of the human system; its nature and laws, and the interruptions of the same; and a knowledge of proper remedies for its restoration when diseased, are indispensable to the correct treatment of disease. Let us keep in view our responsibility and humbly receive the instructions of our own hearts. Sympathy for the suffering will ever prompt our energies in behalf of their relief.

Many will testify, that the tenderness and untiring efforts of a good nurse, has done more for them than the long continued visits of a regular physician; and we believe it has been truly said, "that our grandmothers are carrying more knowledge out of the world, by their deaths, than many of the medical faculty are bringing into it." Even at this late day, the prescriptions of some of our physicians are made to exclude every thing that might prove strengthening and beneficial to the patient;—not only failing to sustain and assist nature in her work, but conflicting with her laws —so that the constitution must be strong indeed that can build itself up in defiance of all these difficulties. Much of this may be through ignorance; but in some cases we fear it is founded on the basis of obstinate motives and a disposition unyielding to the "light of truth." We, who have suffered that which they are not capacitated to suffer—neither given to know, must, under the present

state of medical monarchy, withhold from the deluded sufferer all that would have the most probable tendency to alleviate their distress and rid them of disease.

This state of things cannot long exist; the destruction of it, and the propagation of truth in this science, must, and will be brought about by a thorough medical reform.

"Truth crushed to earth, must rise again,
The eternal years of God are hers;
Whilst error writhes and dies in pain
Amidst her ardent worshipers."

THE UNITY OF DISEASE.

"We, in common with other botanic physicians, believe that the principles of medical science are few and easily comprehended by those who are willing to be guided by the light of nature and reason, in searching for the truth on this subject; and that when these principles are understood, in their practical application, the student is qualified for his professional duties. That disease is a unit, we consider one of our primary principles; and "as we understand it," one, that by investigation will commend itself to the understanding of all. What we understand by the unity of disease, is this: all diseases are traceable to a loss of vital energy; though they may assume different types, and grades of violence, yet they have one common

cause. It has been said that cold, or sudden changes in the temperature of the atmosphere, are the most fruitful sources of the diseases to which man is subject; this is no doubt true, yet cold is not always, and probably in a majority of cases, the predisposing, or primary cause; for nature, so long as her vital force is unimpaired, is capable of resisting the influence of cold under ordinary circumstances. But if the vital force is weakened by excesses of any kind, it is less able to resist the action of cold, or any morbific agent. All who are accustomed to labor, are aware that we take cold much oftener after the system is wearied by long continued exercise, than at any other time. In this case, though the loss of vital energy predisposes us to the cold, yet the cold itself is the active cause of disease, and as such, must be removed before health can be restored. We have said that though diseases may assume different forms, they are traceable to one common cause; but as farther illustration of what we mean by unity of disease, let us suppose, that of three persons, perfectly healthy: one has been engaged in public speaking until exhausted, another has been laboring in a stooping position until the muscles of the back are wearied, and the third has taken an active cathartic; now in all these cases there is a loss of vital energy, but greater in some parts of the system than others. If these persons are now subjected

to a sudden change of temperature from warm to cold, one will most likely be seized with bronchitis, another with lumbago, and the third with some acute disease of the bowels, either diarrhea, dysentary, or inflamation, probably the latter. By the unity of disease, then, we mean that all diseases are diseases of debility, either caused by cold, or some morbific agent inimical to the laws of life. We have been led to make these remarks, from the desire existing in the community to know something more definite in regard to our principles, and not with the expectation of throwing any new light upon the subject. Having the most perfect confidence in the truth of our principles, and believing that the only thing necessary to secure the co-operation of those who think and reason for themselves, is that they should be presented for their consideration, we deem it our duty to occasionally give an exposition of our principles. We are aware that there are those who are better qualified for doing this than ourself; but truth is ever powerful, though it may not be presented in the most appropriate style.—*New York T. M. Journal.*

GENERAL DIRECTIONS FOR ADMINISTERING A COURSE OF MEDICINE.

—o—

THE VAPOR BATH.—In cases of seated disease, the vapor or hot-air bath should first be administered in commencing to give a course of medicine; but in sudden or acute diseases, the emetic should first be resorted to, followed by the injection and *then* the bath.

THE EMETIC.—In cases of disease, where the patient is weak, and the system relaxed, as in low, protracted fevers, long-standing dyspepsia, chronic diarrhea, etc., or in any case where the condition of the stomach requires active stimulants and astringents, there can be no better form of emetic than teaspoonful doses of the third preparation of lobelia, in a very strong tea of either bayberry or sumac; or taken in bayberry syrup. The dose to be repeated as often as may be deemed requisite. The third preparation of lobelia, to be employed, should be freshly made, or such as has been kept well corked.

Half a teaspoonful of green lobelia powder, added to each dose of the third preparation, will insure a more effectual operation.

As a substitute for the third preparation, mix two teaspoonfuls of No. 6 with a teaspoonful of green lobelia powder, and half a teaspoonful of nerve powder.

THE INJECTION.—In some cases it is better that an injection be administered in the commencement of the course, before the vapor bath, and another after the operation of the emetic.

The kinds of cases where this course is more particularly needed, are such as are attended with a determination of blood to the head, and coldness of the feet; for instance, in erysipelas on the head or face; severe neuralgia of the head or face; violent pain in the head, from any cause; apoplexy, stupor, etc.

A very common form for injections is half a pint of composition tea, adding a teaspoonful of nerve powder to the tea whilst hot, and when lukewarm, a teaspoonful of lobelia powder and as much No. 6. This answers for common cases. Where there is canker in the bowels, and in case of dysentary, cholera morbus, etc., the bayberry or No. 3 tea should be used, adding the liquid of the third preparation of lobelia, or two or three teaspoonfuls of No. 6, and a teaspoonful of green lobelia.

If the bowels be much disordered, injections will in general occasion more or less pain and distress for a short time; the patient, nevertheless, experiences much relief from the operation; the

injection containing lobelia, if retained in the bowels, will often cause sickness at the stomach and vomiting, and effectually relax the system. Recent attacks of disease have in many instances been broken up by such an operation. As a general rule, patients experience the most benefit from injections that occasion the most distress and pain. Lobelia possesses a property of arousing the sensibility of the stomach and bowels, so that if they are diseased, it causes the patient to feel the disease.

THE SECOND BATH.—The proper time for administering the last bath in a course of medicine, as a general rule, is, when the patient ceases to sweat, or becomes restless after the operation of the emetic. If the patient continue to retch and vomit a long time, there is nothing so effectual in settling the stomach as a steaming. When the bath has been continued long enough, the patient must be showered or washed with cold water, rubbed dry, then bathed with alcohol, whiskey, or vinegar, and kept warm. It is beneficial in many cases to bathe the surface with No. 6, pepper sauce, or stimulating liniment, after the last bath, and when the patient is rubbed dry. This is more especially needed where the skin is in a relaxed condition, as in chronic rheumatism, bronchitis, asthma, consumption, etc. Sometimes the skin is extremely sensitive to stimulants, and if applied

too freely, will occasion a severe burning sensation in the skin, which may continue several hours.

Drinks.—When patients are thirsty during the course, they should be allowed to drink as much of warm teas, or even cold water, as may be desirable to them.

From three to six hours is in general required for a full course of medicine; and except in urgent cases, it is better, as before stated, to allow the emetic to remain on the stomach an hour or two, or at least avoid forcing the patient to drink largely of teas soon after the emetic has been taken.

A Partial Course of Medicine.—In very many instances of disease, a full course of medicine is not required; all that is necessary is to restore the natural warmth of the body, by means of the hot-air or vapor bath, and then give an emetic; dispensing with the injection and second bath.

Emetics Without Steaming.—In sudden and violent attacks of disease, as in croup, fits, colic, sick-headache, cholera morbus, and in fine, all sudden attacks of disease, emetics may be given without the previous administration of a bath.

Hot bricks wrapped in damp cloths, placed around the patient, may take, in many cases, the place of a vapor bath. Thus, in cases of low fevers, as they are termed, it often becomes necessary to vomit a patient every day when he is too weak to

sit up. In rheumatism, when the patient cannot be moved without occasioning severe pain, it may be better, especially in cold weather, to give emetics, without moving the patient from the bed.

Preparing the Patient for a Course of Medicine.—In sudden attacks and in all cases of acute disease, a course of medicine may be given as before stated, without any preparatory medicine; whereas, in chronic complaints, as in consumption, deep-seated dyspepsia, and in cases where the system is in a cold and torpid condition, a course of medicine will prove more effectual by the patient taking composition several times a day, or from twenty to thirty of the No. 3 pills, and three or four compound Lobelia pills at night, and continuing the use of these medicines several days before the course is administered.

Repeating the Course of Medicine.—In the first stages of disease, and more especially if the attack be violent, the course of medicine, or at least a partial course, may be repeated daily until the symptoms abate. In small-pox, measels, and scarlet fever, the disease will run its course, and all that we can anticipate from the operation of medicine in those cases, is to relieve the symptoms, and aid the constitution to work off the disease in the way which nature or the God of nature has established. In chronic complaints, as in long-standing dyspepsia, consumption, chronic gout,

and rheumatism, and whenever there is an absence of fever, a course of medicine will seldom become necessary oftener than once in two or three weeks. In fine, there are many cases of seated disease in which more reliance is to be placed upon fresh air, a change of residence, traveling, sea-bathing and a strict attention to diet and regimen, than upon medicine.

Emetics for Children and Infants.—A teaspoonful of green lobelia powder, and a teaspoonful of brown sugar, wet with composition tea, and rubbed with a spoon, to soften the lobelia powder, and then adding from half a gill to a gill of bayberry tea or composition tea, will form a suitable emectic for children.

A child that will swallow pills may be effectually vomited by taking from six to ten of the compound lobelia pills, fresh made, as by any other form of emetic.

For Infants, half a teaspoonful of green lobelia powder, prepared as above directed, will generally prove sufficient for evacuating the stomach. Or from half a teaspoonful of the syrup or tincture of lobelia, mixed with a tablespoonful of bayberry tea, sweetened.

No fears need be entertained of giving too much lobelia, even to infants; although it may cause distress for a time, the result from the operation will prove beneficial.

The hot-air or steam bath may be administered to children in the same way as for grown persons, by placing the child in a small chair, and placing this upon the seat of such a chair as is used for administering the bath to adults.

Remarks Concerning Various Symptoms that Attend the Operation of a Course of Medicine.

Some persons have declared that they never felt better than when going through a course of medicine, excepting during the sickness and vomiting; and then again, under a different condition of the system, patients will experience severe pain and distress. The tendency of the course of medicine is to awaken sensibility, and to excite the efforts of nature to action to overcome obstruction, cast off morbid matter from the stomach, and to restore a natural circulation throughout the system; and hence, the more the system is diseased, the more distressed the patient will be when he is made to feel his real condition.

At one time a patient may *vomit* by merely taking a dose of composition tea; whilst at another, when the stomach is in a different condition, half a dozen doses of composition will not occasion the slightest sickness. A patient with a very foul stomach may become sick from taking a dose of composition, or of bayberry and pepper, during the

first steaming in a course of medicine; and after the operation of an emetic, and the stomach becomes settled, a pint of composition may be taken without causing the slightest sickness. It often happens, however, that the stomach will not be settled until after the last bath, the patient vomiting freely on having his system warmed by the steam, and by taking stimulants; after which, the stomach will not be disturbed by these medicines, even though they be taken freely.

A vapor bath, when administered previously to an emetic, or when the emetic has not operated effectually, may occasion sickness at the stomach, and cause the patient to feel weak and faint for a time; but is often observed to increase the strength when the stomach is not foul. I have on many occasions observed a patient, on taking a course of medicine, to be much stronger after the last bath, who had felt weak and relaxed from the first, in consequence of the disordered state of the stomach. Patients sometimes become sick and feel oppressed soon after they are placed in the bath, and feel as though they cannot sit up, or bear it any longer; but by throwing cold water in the face, and allowing fresh air to come to the patient, the sickness will in general, pass off in a short time; and when prespiration becomes free, the patient will experience no difficulty in sitting in the bath the usual time required for the operation.

When the stomach is cold and contains acid, a dose of pepper or composition tea is apt to cause pain in the stomach, more especially during the *first* bath in a course of medicine. In such cases, the pain is relieved when the patient belches wind or gas from the stomach. Some No. 6, or tincture of ginger, in hot water, taken as hot as the patient can bear it, will relieve these unpleasant feelings. Essence of peppermint, lavender, or anything that is good to expel wind from the stomach, may be employed.

Of Peculiar Symptoms, Sometimes Observed During the Operation of a Course of Medicine.

Lobelia, especially the brown lobelia (the seed), taken in emetic doses, will sometimes, and more particularly in persons of nervous temperament, and in cases of deeply-seated disease, occasion symptoms which have been called *alarming symptoms;* whereas the term *crisis symptoms* would be more appropriate; for it has been universally observed that the occurrence of these symptoms is in most instances followed by a manifest improvement in the condition of the health of the patient;—effecting cures where all other means had failed. Seemingly, almost miraculous cures have been brought about by such operations, in long-standing cases of disease, where probably nothing short

of placing the system fully under the active influence of the hot-air or steam bath, and brown lobelia, would have answered the purpose.

The following symptoms will sometimes be observed during the operation of a course of medicine, where the brown lobelia powder is employed as an emetic, or administered by injection, to-wit: soon after the emetic is taken, the patient complains of pain or distress in the stomach, which soon extends to the bowels; he is continually changing his position; rubs the stomach and bowels, and complains very much of distressing feelings. The breathing becomes irregular, respiration being sudden, somewhat like the sobbing of a child. The distressing feelings in the bowels subside, but the patient remains relaxed, the skin sometimes colder than natural, and contracted; the mucous membrane of the nose is dry, inducing the patient to pick or rub his nose frequently; the tongue and mouth are dry, attended with more or less thirst. The patient makes efforts to get out of bed; frequently feels like having a motion from his bowels; talks in an unconnected manner, and sometimes lies completely relaxed, apparently too weak to raise his hands, and the countenance is pale and contracted. During the continuance of the symptoms above described, the stomach and bowels appear to be in a state of unusual agitation, as though the vital energies were concentrated in

these organs, (generally the seat of disease), and carrying on a revolutionary, health-restoring action; which, after continuing an indefinite period of time, varying from one to four or six hours, and occasionally a still longer period, free vomiting again ensues, after which the patient goes to sleep, and sleeps calmly and naturally; the skin becomes moist and warm, and often profuse perspiration ensues. On awaking, the patient expresses gratification at feeling so well; appears unconscious of having suffered to any extent during the operation; has probably a good appetite, and after taking light, nourishing food; and then having the course of medicine completed by the administration of a bath, showered with cold water, rubbed dry, and bathed with alcohol or vinegar, realizes a remarkable improvement in his general feeling.

Dr. Thomson, in treating upon the subject of the operation of lobelia, says, as follows:—

"When this medicine (lobelia) is given to patients that are in a decline, or are laboring under a disease of long standing, the symptoms indicating a crisis will not take place until they have been carried through from three to eight courses of medicine; and the lower they have been, the more alarming will be the symptoms. I have seen some who would lie and sob for two hours like a child that had been famished; not able to speak or to raise their hand to their head; and the next

day be about, and soon get well. In cases where patients have taken considerable opium, and a course of medicine is administered, it will, during the operation, produce the same appearances and symptoms that are produced by opium when first given; the opium having lain dormant, is roused into action by the enlivening effects of the course of medicine, and they will be thrown into a senseless state; the whole system will be one complete mass of confusion; the patient tumbling in every direction, will require two or three persons to hold him in bed; they grow cold, as though dying; remaining in this way from two to eight hours, and then awake like one from a sleep, after a good night's rest, and become entirely calm and sensible, as though nothing had ailed them. It is seldom that they have more than one of these turns, as it is the last struggle of the disease, and they generally begin to recover from that time. I have been more particular in describing these effects of lobelia in particular cases, where disease is deeply seated, as they are very alarming to those unacquainted with them, in order to show that there is no danger to be apprehended, as it is certain evidence of a favorable turn of the disease."

Physicians of this practice are frequently applied to in desperate cases, where it is impossible to determine whether the disease is curable or not; and notwithstanding the grave charges so fre-

quently against this system of practice when it fails of removing disease, still a trial should be made, so long as the circumstances of the case furnish grounds for a reasonable hope of success. Courses of medicine are sometimes administered with a view only of affording relief to the patient, the disease being evidently incurable; and yet it would seem that a portion of the community, and some who ought to know better, attribute every death that occurs, where this treatment is employed, *to* the treatment, or want of *skill* in those who have charge of the case. Among the great mass of desperate cases that come under this treatment, deaths will, in the very nature of things, occasionally happen unexpectedly and under unfavorable circumstances. In the early period of my practice I was called to attend the wife of Samuel Wheeler, of Wilmington, Del., and found Mrs. W., as I then thought, in a condition to be benefitted by a course of medicine, and had determined to have one administered. A dose of composition was prepared, but before it was sufficiently cool to be taken, she expired. Had I arrived two hours earlier than I did, doubtless Mrs. W. would have died whilst under the operation of a course of medicine; and although the medicine might have prolonged the life of the patient a short period, still she could not have survived many hours longer than she did, as mortification of the bowels had

taken place. Courses of medicine doubtless have been, and will again be administered to patients on the very verge of dissolution; creating not only an unfavorable impression in the neighborhood where it happens, but a highly-colored and distorted account of the case is carried by the press to various parts of the country. The general good success, however, attending the practice, affords sufficient evidence to establish the belief that it is based upon correct principles, and that this system furnishes the means which the constitution requires to overcome disease; for although it does, and must necessarily fail sometimes of effecting cures, yet what evidence have we that it will not prove successful, when properly applied, in all cases that are curable by means of medicine?

Most patients experience an unusual degree of weakness and general distressed feeling about the time a disease is being removed; the patient feeling discouraged, under the impression that the course of medicine, or other treatment, is too hard for his constitution. In many cases of deeply-seated disease, that I have treated, and a cure has been effected, the patients were discouraged about the time that the disease was giving away: the system being relaxed, attended with loss of appetite, disgust for medicine, and frequent pain and distress in the bowels.—*Comfort's Practice.*

THE VAPOR BATH.

"This form of bathing has been in use for centuries, among eastern nations and the aborigines of our own country. It has long been a luxury and a remedial agent among the Russians, and was introduced by them into western Europe at the time of the war between Napoleon and Russia. Since that time they are being extensively employed in those nations, both in the preservation of health and in the removal of disease."

A very frequent cause of disease is a sudden collapse of the pores of the surface, produced by exposure to sudden change of temperature in a person previously predisposed to an attack, by fatigue, debility, etc. The balance of circulation being thus destroyed, the blood charged with morbific matter, which cannot be eliminated by the skin, determines upon some internal tissue or organ, causing colds, diarrhea, pleurisy, inflamation of the bowels, lungs, liver, etc., depending in severity upon the various causes which modify the diseased action. The efforts of the vital power to remove the cause, and restore the balance to the circulation, produces that condition of the system

which we call fever; thus showing that fever, instead of being a disease, is only a manifestation of vital action, without which death would ensue.

Combe, in his Physiology, says of vapor baths: The vapor bath is calculated to be extensively useful, both as a preservative and as a remedial agent. Many a cold and many a rheumatic attack, arising from checked prespiration or a long exposure to the weather, might be nipped in the bud by its timely use. In chronic affections, not only of the skin itself, but of the internal organs with which the skin sympathizes most closely, as the stomach and intestines, the judicious application of the bath is productive of great relief.

"As a medical agent," says Andria, "the vapor bath, by attracting more speedily the blood to the surface, and by being followed by more profuse prespiration, is more powerful than the warm water bath; it does not exert that pressure upon the surface, which, in the case of warm water, retards the breaking out of prespiration."

In cases of rheumatic contractions of the joints, in scrofulous diseases, especially when they affect the skin and glands, in some chronic affections of the nervous system and of the respiratory organs, such as dry catarrh, asthma, spasms of the mucles of respiration, the vapor bath is safer and more effectual than the hot water bath. "It is a valuable agent in the reduction of fractures and dislocations.

Pulleys and the strength of several men are sometimes thought necessary to extend the contracted muscles sufficiently to bring the bones into their natural positions; while the vapor bath alone, or aided by proper internal remedies, would by relaxing the muscular system and rendering it pliable in the hands of the operator, entirely supersede this barbarous practice, so much at variance with the laws of muscular relaxation and contraction."

I have used it with decided success in different forms of disease; in one case, of inflamation of the bowels, this proved beneficial when all other appliances had failed. In a severe case of varioloid, in my own family, the vapor bath gave immediate relief and greatly modified the symptoms. It should always be employed in varioloid or smallpox, in the first stage of the disease.

DIRECTIONS FOR ADMINISTERING A VAPOR BATH.—Various methods are employed in the application of the vapor or steam bath; the usual plan, however, is to place the patient upon a tight bottomed chair, throwing a quilt over him, leaving the head uncovered; a flat bottomed basin or dressing pan is to be placed under the chair a quart of hot water poured in, and put into it a red hot brick, or stone. If the brick be entirely red hot, it should be set in edgewise at first, or the steam may be too warm for the patient to bear; in a few minutes the brick may be placed with the

flat side down. Three, and sometimes two bricks will be sufficient, provided they are thoroughly dry and red hot on one side. If the steam be too hot, the quilt may be raised from the floor so as to admit the cold air; and when the patient feels oppressed with the heat, the face and head must be frequently wet with vinegar and water, or whiskey, and occasionally the body of the patient should be washed or sponged with cold or tepid water. During the latter part, or at the close of the steaming, a shower bath must be used, or the patient washed in cold water or spirits.

The feet may be more effectually steamed, by placing a stool on the chair, the patient sitting upon the stool and resting the feet on the seat of the chair.

An apparatus for steaming has been introduced into use in Philadelphia, which is very simple, and equally efficacious as the old method, and is much less troublesome to administer.

Steaming in Bed.—When the patient is too weak to sit up, the steam may be applied under the bed clothes by placing about the patient hot stones or bricks, wrapped in damp cloths. Bricks that have been lying in a damp place should not be used, as they will not retain the heat.

Placing the patient on a quilt, and when the hot bricks are applied, throwing the sides of the quilt over the patient, will confine the heat and

vapor to the patient, and also protect the bed clothes from dampness.

When the bed clothes have become damp from the steam or brick cloths, hot bricks should be placed in the bed, wrapped in *dry* cloths.

By having two sets of bricks, a regular steam and heat may be kept up any length of time.

ANOTHER WAY.—Make a frame work of plastering lath or narrow strips of boards; place it over the patient; throw a quilt over the frame-work and introduce the steam under the cover by means of a pipe and boiler, or by basins containing a little hot water and putting hot bricks in them. The patient to be stripped of all clothing whilst steaming. Or, place together two rows of chairs; put on the seats a mattress or quilts; throw a quilt, or blanket on the backs of the chairs to prevent the steam escaping from the sides, and when the patient is put on this bed, spread a quilt across the top and close the openings at the head and foot. The patient's head to be placed on a pillow and remain uncovered.

Patients who are extremely weak will bear steaming in this way from an hour to two hours, provided the body is bathed occasionally with vinegar and water, or tepid water.

Warm bricks kept at ths patient's feet during the operation of an emetic, will be beneficial.—*Comfort's Medical Practice.*

THE HOT-AIR BATH.

"The hot-air, or alcoholic bath may be employed in all cases in place of the steam or vapor bath, as it will effect the same important objects that can be attained by the steam bath; and as the former requires much less labor, and may be administered more readily than the steam bath, it may rather be regarded as an improvement upon the usual plan of imparting warmth to the body by the steam bath.

To Administer a Hot-Air Bath.—Fill a tea-cup two-thirds full of alcohol; place it in the middle of a basin or large bowl; pour cold water into the bowl, but not so much as to float the tea-cup, and place these upon the floor, under the centre of a chair with a solid wooden seat. Upon the seat of the chair place a flannel skirt or small blanket, allowing it to extend half-way to the floor, or front of the chair, to protect the thighs from the heat, but not to extend over the sides of the chair.

The patient takes his seat upon the chair, placing his feet upon a stool, or upon the round of the chair upon which he sits. First spread a blanket over the back of the chair and pin it under the patient's chin; then a blanket or quilt to be placed in front and pinned at the back of the neck. Now raise the blanket a foot from the floor at the back of the chair and apply a match or lighter to the alcohol.

Observe always to use woolen materials for placing on the chair and covering the patient; as cotton might take fire by coming accidently in contact with the blaze from the burning alcohol. During the operation, the face and head should be wet frequently with cold water, vinegar, or alcohol and water; and when the heat becomes oppressive, take a sponge or soft towel, filled with cold water, and press against the side of the patient's neck, pulling the cover from the neck, so that the water will run down over the body. If the heat is too high to be borne, lift the blanket a few inches from the floor; and always admit fresh air into the room. If the body is dry, the surface should be kept moistened with a wet sponge or towel, to be wet in warm water. A dose of composition tea, with a teaspoonful of No. 6 added, should be taken after the patient has been in the bath a few minutes.

DISEASES.

———o———

FEVER AND ITS TREATMENT.

"The history of practical medicine," observes Prof. Eberle, "consists of little else than a review of the doctrines which have successively risen and sunk again, concerning the nature and treatment of fever. Whatever other objects of interest or importance within the dominion of medical science, may have attracted the attention of physicians, *fever* has at all times been viewed as presenting the most extensive and inviting field for observation and the exercise of ingenuity. It is in this department that observation and research have been most industrious in accumulating materials and that hypothesis has luxuriated in her wildest exuberance." Again the same writer says: "From a retrospective glance over the history of our science, we are forced to acknowledge that there is perhaps no subject which is more eminently calculated to humble the pride of human reason than this one. In relation to this subject, Pathology has been in a continued state of revolution and instability. The human mind has been

engaged with it for near three thousand years. Theories have risen and sunk again in a continued and rapid series of successions; each had its hour to act upon the stage, and its votaries to yield it faith; but the stream of time has hitherto overturned all these unsubstantial, though often highly wrought, fabrics." "The instability of medical theories in relation to fever, admits of a ready explanation, which is this: *they have all been erroneous.*" "Medical theorists instead of commencing their reasonings at the starting point, the very onset of disease, the first change from the healthy condition, which is the direct and immediate effect of the cause of disease, have based their theories upon phenomena presented after reaction or fever has become established; and regarding the efforts of nature manifested by fever as a condition resulting from vital power, have invariably arrived at false conclusions, both in relation to the nature of fever and the character of the treatment called for. Influenced by false doctrines, medical men have sought for agents to reduce the vital powers of the system; when fever prevailed, to effect this object they have had recourse to the most deadly agents, such as calomel, nitre, antimony, drastic, cathartics, &c., which have been employed to such an extent that it would not be an easy matter to determine which class of agents has been the most destructive to life, during the past few centuries,

those employed by the physicians, or those used on the battle-field. The natural tendency of fever, as we have before remarked, is to effect results favorable to the preservation of life; the eradication of the causes of disease, and the restoration to health. Fever never occurs without the existence of a cause, injurious in its tendency upon health; if a poisonous agent is introduced into the system, for instance, that which occasions measles, the direct effect of this poison is to weaken the living powers; the patient becomes chilly; there is a loss of digestion, appetite fails, the extremities become cold, &c., all of which give evidence of a loss of vital power; and cases have occurred, where the patient has sunk into a deep stupor and died in this stage of the disease, without having had any fever; such cases, however, are most rare; for the human organization is "endowed with a capacity" to establish a process of actions by which the poison is thrown out from the blood upon the surface, and the system thus relieved of the cause of the disease. It is by reaction, or fever, that the poison is ever removed from the system. It is by the same means, (re-action, or fever), that other poisons, such as occasion scarlet fever, varioloid, small-pox, &c., are driven out of the system. No case of small-pox could be cured without a fever to throw the poison out upon the surface. Poisons do not produce fever; the direct tendency of poi-

sonous agents is to destroy life. It is the vital principle that establishes fever, for the purpose of preserving the organization against the causes of disease."

"A few years since a man of robust constitution, residing in West Philadelphia, after several day's indisposition, had high fever, accompanied with violent pain in the head and back, with great distress at the pit of the stomach. A physician was called, who directed eighteen ounces of blood to be taken and to be freely purged. In the course of three or four days it was discovered that the patient had the small-pox; but the powers of the system had been reduced too low to bring the disease out in a proper manner; the pustules never filled, and consequently the patient died. The physician who attended the case was a professor in the Jefferson Medical College of this city."—*Philadelphia T. M. Journal.*

Although medical men, with few exceptions, regard *fever* as the "destroying angel" yet they find the most formidable kinds of disease to be those unattended with fever; for instance, cold plague and cholera. The disease which has proven so fatal at New Orleans and other places, termed "*yellow fever*," often runs its course to a fatal termination *without* any fever.

Admitting the truth of the doctrine that nature establishes fever as a means of bringing about a

crisis in disease, it would be reasonable to suppose that if fever disappears after having been established, without effecting any critical evacuation, either from the stomach, bowels, kidneys or skin, that it would be an evidence that nature had given up the contest with disease; without having accomplished the object desired; and such is the fact. If the eruptive fever which brings out the small-pox poison to the surface, were to disappear and the action of the heart and lungs become reduced below the normal standard before the eruption begins to appear, then the case would be one of an extremely alarming character. A patient whose system is charged with the poison that produces what is termed scarlet fever, does not have the action of the heart and lungs increased above the normal standard, and fever becomes developed; or if there be an effort at reaction, and that reaction pass away before the rash appears at the surface, the poison will be thrown inward upon the mucous membrane, and probably upon the brain, and the case terminates fatally for the want of an efficient reaction or fever to produce a determination to the surface—to throw the *poison* out upon the surface. But are we to do nothing to allay the symptoms of fever, or to employ means to bring it to a termination? We answer emphatically, yes. And it is upon this field, where nature is exerting her powers to con-

tend with disease, that the Botanic practice has proven pre-eminently victorious over any other plan of treatment; not only in affording relief from suffering, but in shortening the duration of fever, by assisting nature in her efforts to overcome obstructions; and in this way proves eminently beneficial in effecting a favorable crisis in disease. We discover many means by which the animal economy may become diseased and attended with fever; but to illustrate the subject we must take but a few examples. Cold, or the abstraction of heat from the system, collapses the surface, and determines the circulation to the internal viscera, producing congestions in some of the most important organs in the system, such as the brain, lungs, liver, kidneys, etc. This congestion of an organ, or organs, produces irritation on the nerves of the parts, and they by sympathy, affect corresponding nerves, and thus produce and increased action of the heart and arteries, which we term fever. This exalted state of the functions may continue for a shorter or longer period of time, according to the amount of vital power in the system, and the amount of tonicity to be overcome. During the paroxysm of fever, the heart labors violently to rid itself of the inordinate quantity of blood, which is forced into it by the suspension of the function of absorption; the circulation is determined to the surface, and the fever becomes

general over the whole system. Fever then is the effect of an increased action of the heart and arteries, and therefore *is not disease*, but a symptom or manifestation of disease. It is the sentinel on the confines of the vital economy, which gives the alarm of the encroachments of the enemy. Fever should not then be regarded as an enemy, but as a friendly monitor which comes to make known the abnormal condition of the system. This deranged state of the functions may continue six, twelve or twenty-four hours; but, when it abates, the surface relaxes, perspiration takes place, absorption is partially or wholly restored, and there is an intermission or an entire suspension of febrile action. This constitutes one paroxysm of fever, and if the morbid tonicity be entirely subdued and the morbific materials thrown out of the circulation, the disease is removed; if not, the paroxysm will return periodically until the vital power is exhausted, and death closes the scene. Another way in which fever is often produced is by using a diet not easily digested, or by taking too great a quantity of wholesome food, and long continuing the use of it, or by taking poisons into the stomach, as medicine which weakens its tone and injures digestion. By digestion becoming weakened, the nutritious particles of food are not sufficiently elaborated, and enter the circulatory system in too gross a state.

The stomach, by having too much to perform, either in digesting food in too great a quantity, or that which is unwholesome in quality, concentrates too much of the vital power in it, and destroys equilibrium by inviting it from the surface, and thereby closing and collapsing the capillaries. The worn out matter and foreign material cannot pass the constricted capillaries, but is retained in the system, often giving rise to boils, pimples and other exanthematons diseases. From the foregoing premises we draw the following conclusions :

First.—That the health consists in the free and uninterrupted exercise of all the organs in the system, and that anything, whatsoever it may be, that (improperly and permanently) compresses or relaxes an organ, or injures or destroys its texture, or in any manner unfits it for the discharge of its duty, is a cause of disease, whether it be from cold externally, or something taken into the alimentary canal, or by the inhalation of deleterious substances into the lungs, (in either case affecting the mucous membrane), or whether it be deeper seated, as in some of the glandular structures, or from external violence, if the system is not destroyed at the first attack, the recuperative powers which are exerted for the preservation of the vital economy, show their influence by an increase of action in the circulation producing fever. With regard then to the principles by which we should be gov-

erned in the treatment of disease in the botanic practice, they are few and easily understood. But in perusing standard medical works on the old theory and practice, who so blind as not to discover the discrepancies and uncertainties that every where prevail in regard to medical subjects? That which one medical school or university has taught as a correct practice and enjoined upon its pupils as the true method of curing disease, is condemned by its successors as worse than useless, and altogether inadequate to the fulfillment of the indications of the case; and these plans in turn have shared the fate of all those things which perish in the using thereof. Thus has this boasted science been fluctuating for centuries. It has been truly said that the improvements in the science have been in a circle, but not in progression.

This being the case then with the mineral practice of medicine, we must direct our inquiries to some other sources if we would attain an object so desirable as the knowledge of remedies which, when faithfully and judiciously applied, will remove the disease from our bodies without exerting any deleterious influence upon them. This object can be fully realized by a persevering use of the remedies used in the botanic practice. If the patient be cold, warm him; if contracted, relax him; if there be obstructions in the system, clear them out, and if debilitated, tone him up. The

best medicines and means yet known for this purpose, are Cayenne and vegetable concentrated compounds, with the assistance of the vapor bath, which will warm, relax and cleanse the surface. Lobelia, with warm herb tea, will clear the stomach; the same given by injection will cleanse the bowels; and stimulants, astringents and tonics, with correct diet and proper exercise will effect the cure.

CONTINUED FEVER.

"Under this head may be classed all those malignant forms of disease denominated *typhoid, typhus, nervous, putrid, congestive, yellow fever, etc.*" "We hear continually," observes Dr. Watson, of London, "both in and out of the profession, different species of fever spoken of; by the public, typhus, brain fever, billious, low, putrid, nervous; and systematic writers are to the full as particular: mucous fever, ataxic, adynamic, gastro-enteric, etc. Now admitting that fever shows itself under various forms, I am persuaded that the effect upon the mind, of all this sub-division is bad and hurtful. It encourages a disposition already too prevalent, to prescribe for a disease according to its *name.* There is *no* line of genuine distinction between continued fevers, that can be relied upon. They run insensibly into each other, even the most dissimilar of them, and are traceable often to the same contagion." "A case of continued

fever," says Dr. Comfort, "that would be termed *typhoid* by one physician, by another would be called *congestive;* and by another probably *low billious;* whilst another would affix some name different from either of the others. Continued fever occurs in every grade of malignancy, from the mildest form of remittents to the most fatal kind of yellow fever, where the principle of life is destroyed in the onset of the disease, and terminating in the death of the patient without the system being able to establish reaction or fever. In these cases the patient remains in a deep stupor, as if stunned by a blow upon the head, or poisoned by a large dose of arsenic. Even in such cases the disease is called *fever;* but we might with as much propriety say that a person killed by taking arsenic or prussic acid, died of *fever.* When one member of a family is taken ill of a malignant form of disease, such as physicians term typhus or congestive fever, it is a very common occurrence that several others of the family are subsequently taken down with disease of the same character, and so common it is for other persons in the neighborhood, who have been with the sick patients, to be also attacked with the disease, that some late writers, and among them Dr. Watson of London, consider continued fever capable of being communicated from one to another, and that the disease is caused by an *animal poison.* Whether

these low forms of fever be contagious or not, it will be a good rule to view them as contagious, and use such precautions as will be most likely to prevent their being communicated to the attendants upon the sick."

There is much unnecessary alarm exists with regard to fevers, and it is to be regretted that physicians when called upon in slight attacks of disease, too often alarm their patients by affirming that they have all symptoms of fever; and more frequently terming it symptoms of *typhoid;* whereas such symptoms *do not exist* in the first stages of fever or early derangements of the system. Typhoid symptoms, or the sinking condition of the system does not take place until the vital powers measurably cease to contend with the disease. By observation we find many causes by which fever may be produced; and frequently occurs with children from very trifling causes, which may be remedied by simple treatment, and that which harmonizes with nature, with but little inconvenience.

Adults, whose strength is in proportion with the disorder, although the cause be of a more serious nature, in many cases where symptoms of fever are apparent, might, by simply removing the obstructions from the system in the onset of of the disease escape the dreaded typhoid; and the more direful effects of MERCURY.

MYRRH.—In fever it is much better to give myrrh than quinine, as it may be given at any time without injury and with much better effect than quinine. It may be taken either in the form of pills or tincture. Care should be taken to procure the pure Turkey myrrh.

"When patients prefer taking medicine in the form of pills, the compound lobelia pills may be employed as a general medicine, more especially in the early stage of the disease, or until a crisis takes place and tonics are demanded." They may be continued during the continuance of the whole sickness with good effect.

"When the fever is very high, the whole surface may be bathed with cold water, vinegar and water, alcohol, brandy, camphor and water, or salaratus water. This is more especially adapted to the early stages of the disease, or when the vital powers are sufficiently strong to bear these cold applications to the surface. Bathing the surface with whisky is perfectly safe, however, in any stage of the disease, and where the patient is greatly exhausted, this will generally afford relief and apparently give strength to the system.

"A great variety of teas and preparations for drink may be used in fevers, as pennyroyal, balm, mint, lemonade, apple tea, crust coffee, etc. A tablespoonful of cold water may be frequently given where the thirst is urgent and the patient

desires cold drinks. Where the brain is much affected, the feet should be kept warm and occasionally placed in warm water, containing mustard and salt, or hickory ashes. Injections are of especial benefit under these circumstances in diverting the nervous influence, and consequently the blood from the head to the bowels. Not only in this are the injections beneficial, but they relieve the bowels and aid in restoring their lost function. I have occasionally observed discharges of black vitiated bile, evidently from the liver, by relaxation produced from an injection of lobelia; the obstruction in the liver is in this way overcome, and the organ enabled to relieve itself from a state of congestion and oppression."

The following treatment has been resorted to, even in the latter stages of fever, and *after a relapse*, when all the powers of the system seemed completely prostrated, with the most beneficial effects, raising as it were from a hopelessly diseased condition.

Take one teaspoonful of bayberry powder; one teaspoonful green lobelia powder; one-half teaspoonful nerve powder; and one-half teaspoonful cayenne; steep these in about half a pint of water and when cool enough to drink, add one teaspoonful of the third preparation of lobelia; sweeten, or not, according to taste, and if desirable, add a little boiled, sweet cream. If too strong for the

patient, dilute it with some of the teas above named, and drink half a teacupful at any time, but at least three or four times a day.

After the fever has subsided, a tea of wormwood will be found beneficial, and in some cases desirable to the taste. For a common drink bayberry and capsicum tea are recommended.

AGUE AND FEVER.

The poisonous agent that occasions ague and fever, may, under favorable considerations, exist in the system for weeks and even months, without visibly affecting the system; the vital power keeping it under control; whereas if the vital forces become enfeebled by an exposure to cold which impairs the digestive functions, or if the powers of the stomach become overtaxed by unwholsome food, the poison in the system will take effect, and the intermittent fever will be developed. A loss of vital power is the first cause of all disease; this may justly be regarded as an axiom in the science of medicine. Excesses in eating and drinking occasion disease, by overtaxing the liver and digestive organs, and impairing the powers of the mucous membrane. One who becomes plethoric by eating and drinking more than the wastes and wants of the body demand, taxes the vital energies of the system to throw off the surplus material, and all the blood that the digestive organs pro-

duce, is required, in order to sustain the action necessary to rid the system of the fruits of excesses, so long as the mucous membrane continues to perform its various functions, the functions of the other organs, the brain, heart, &c., may be sustained; but loss of power in the stomach will immediately impair the functions of other organs; and when nature makes an effort to re-act, there will probably be distress and a sense of fullness in the head, and loss of action in the bowels, a hot skin and coated tongue, want of appetite, and often the patient is induced to believe that he has too much blood; sends for a physician to bleed him, who removes a part of the vital fluid, and the patient is relieved for a time; but such relief is obtained at the expense of his constitutional energies. When from loss of heat, or internal nervous enegy, the skin ceases to perform its functions of throwing off through its pores, the worn-out materials of the body, the retention of these acrid matters in the system, becomes a secondary cause of disease; and the thickened secretions that form on the mucous membrane, constitute another cause, or more properly, a cause of the continuance of disease.

These assertions are in accordance with Dr. S. Thomson's theory. The first link in the chain of disease is the loss of internal heat, then obstructed perspiration, and as a consequence of the former

condition, canker forms upon the stomach and bowels. We do not know of a form of constitutional disease in which the above conditions do not occur consecutively, as above stated.

Thomson's system of practice is consistent with the above theory of disease. The primary objects which it is designed to accomplish are to restore the lost heat, induce perspiration, clear the stomach of fulness, remove the canker, maintain an equilibrium in the circulation and determination to the surface, and promote the power of internal heat, until digestion is restored, which may be assisted by tonic and bitters.

Treatment in the Cold Stage.—A course of medicine, by its prompt action on the stomach, bowels and skin, will prove the most effectual method of curing the ague. In preparing the system for the application of tonics, commence with a course of medicine an hour or two before the chill may be expected to come on. In ordinary cases where the chills occur every other day, the course of medicine will seldom have to be repeated more than two or three times to effect a cure, provided a proper intermediate course of treatment be pursued. During a chill, the patient should drink hot teas; as composition, cayenne, or pennyroyal; and be placed in a vapor bath, or be covered up in bed with hot bricks, or jugs of water at the feet and back. This will assist to bring on re-action,

and overcome the chill. When the fever comes on, if it is violent, an emetic should be given and the surface bathed with whiskey, or even water. When the sweating stage comes on, the patient should keep in bed and take warm drinks to favor the perspiration, and when it ceases, dry, warm clothing should be put on. A vapor bath at this period is very beneficial.

The treatment during the intermission between the paroxisms, or chills, vary, according to the condition of the patient. In the first stage, pure stimulants, as composition, or cayenne, should be used; or compound lobelia pills will answer as well, two or three to be taken every few hours. When there is no fever between the chills, and the tongue assumes a natural appearance, tonics will come in play.

DYSENTARY.

Symptoms.—Dysentary is generally preceded by loss of appetite, constipation, flatulency, sick stomach, slight vomiting and chills, succeeded by fever; after which griping and increased discharges from the bowels occur; after a time inflammation usually occupies chiefly the lower portion of the bowels; and then the evacuations become frequent and small, causing intense pain in passing through the inflamed parts; also producing severe griping, and spasms in patients of feeble constitution. The discharges are sometimes streaked with blood, then

of an acrid, watery character, with a very offensive smell; hard lumps are passed, being the natural contents of the bowels which have been retained while these changes were taking place. We seldom witness anything like natural discharges, and from the violent efforts to evacuate the irritating matter, a portion of the intestines is forced down below the rectum, which, as the disease progresses, proves exceedingly troublesome and very distressing, occasioning a constant desire to go to stool, without the power to evacuate anything except a little mucus. The passing of these hard balls through the diseased bowels, is attended with severe pain.

Causes of Dysentary.—A sudden check to perspiration, particularly when the system is exhausted from over-taxation, is a common cause of dysentary; or it frequently prevails as an epidemic in low, marshy districts of country, perhaps from the combined influence of marsh affluvia and dampness. The same cause that produces dysentary in one person, may occasion bilious fever in another. It is often that both forms of disease prevail; and some patients will have all symptoms of dysentary and bilious at the same time. Among the occasional causes are unwholesome food taken into the stomach, unripe fruit, &c. Diarrhea, dysentary, and cholera morbus, may arise from the same cause, or combination of causes.

Treatment.—Courses of medicine, (see directions elsewhere for administering them), repeated at proper intervals, and a well regulated treatment between the courses, will cure dysentary sooner and more effectually than any other kind of treatment. The course should be repeated daily in severe cases; between the courses, or when the disease is of a mild character, not requiring a course of medicine, any one of the following preparations may be given, at intervals of from one to two hours: A strong tea of bayberry, or sumach, adding a portion of cayenne, and sweetened; cayenne, in tea, pills, or taken in cold water; or the compound lobelia pills, from two to four every two hours, and an occasional dose of No. 6, in strong dewberry, catnip, or bayberry tea; warm vapor applied to the surface is very beneficial in all cases of disordered bowels; a bath preceding an emetic, will greatly assist the operation of the latter. Injections to remove acrid secretions should be composed of astringents and stimulents; or strong tea of herbs—any of those mentioned above—adding a teaspoonful of the liquid of the "third preparation of lobelia," and a table-spoonful of sweet oil, or melted lard, to half a pint of the tea; or add pepper with the other articles. Lobelia and nerve powder should be added when the stools are offensive. Purified charcoal, soda, saleratus, or lime-water, may either be added; also given in the

medicine. Catnip tea, very strong, with castile soap, makes an excellent injection, and if it be found upon trial to agree with the case, should be employed. The irritation produced by the metalic pipe of the syringe, should be avoided, in a measure, by covering it well with tallow; or, using a gum-elastic tube, made for the purpose, and placed on the metalic pipe, is preferable.

Poulticing the Abdomen.—"Poultices composed of slippery elm and composition; or of mush made of Indian meal, with a portion of cayenne added, and applied to the abdomen warm, will always prove beneficial, and will sometimes entirely remove the griping pains." After the poultice is removed, the abdominal compress should be worn by the patient, and will be of great benefit in keeping warmth to and stregthening the bowels. (Directions for preparing the compress may be found in the article on Cholera-Infantum).

Diet.—After an attack of dysentary, great care should be observed in diet; the lightest food only should be taken, and such as is most easily digested. To assist in restoring digestion, the "spiced bitters," and other tonics should be employed.

NOTE.—When cayenne pepper is used in external applications, sweet oil, or lard, should always be added.

Professor Chapman, in a lecture on dysentary in 1840, stated that at Vera Cruz, the only success-

ful treatment in the malignant dysentary that prevailed there, was a free use of cayenne pepper tea, and injections of the same. A case of dysentary occurred in Chester county, Pa., of the most severe character, in which a quarter of a pound of cayenne pepper was used, given by injections and in tea, *during one night*, together with a large quantity of No. 6, and bayberry tea. The patient speedily recovered, and no doubt by means of the energetic treatment used.

Dr. Thomson, in his Narrative, makes mention of a malignant form of dysentary which prevailed in the town of Jericho, in 1807, where, out of twenty cases, under the treatment of the medical faculty, but two recovered. The inhabitants became alarmed, and sent an express for Dr. Thomson, who began to treat the disease according to his system of practice, and of thirty cases which came under his treatment, all except two recovered. "I had," says the doctor, "but little medicine with me, and had to make use of such as I could procure at this place. I found the cause of the disease to be coldness and canker; the digestive powers being lost, the stomach became clogged, so that it would not hold the heat. I made use of red peppers, steeped in a tea of sumach berries, and sometimes the bark and berries, to raise the heat and clear off the canker, which had the desired effect. After taking this tea, those

who were strong enough, I placed over a steam, as long as they could bear it, and then put them in bed. Those who were too weak to stand, I contrived to have set over the steam, and this repeated as occasion required." To restore digestion, the doctor made use of a syrup made of black birch bark and cherry stones bruised.—*Comfort's Prac.*

CHOLERA MORBUS.

This disease is characterized by both vomiting and purging; attended by loss of appetite and pain at the pit of the stomach.

Causes.—Sudden check from perspiration, or drinking too freely of cold water when the body is over-heated, or the stomach empty, undigested food, &c.

Treatment.—Lobelia emetic is a remedy of acknowledged utility in cholera morbus. Indeed, the properties of the remedy and the nature of the disease appear peculiarly adapted to each other. The power of this remedy to equalize the circulation, cleanse the stomach, and relax the muscular system, are all required in a great degree in this disease.

It may be overcome in the onset by drinking freely of composition tea, and administering injections of the same with a portion of lobelia and nerve powder added. But in all severe cases the vapor bath and the emetic should be resorted to.

CHOLERA INFANTUM.

Children and infants are especially liable to bowel complants, arising from indigestion, particularly when they are teething. When there is both vomiting and purging it is called Cholera Infantum. It seldom comes on suddenly violent, as happens in the cholera of adults; but generally commences with diarrhea, which continues several days before vomiting takes place; occasionally, however, the vomiting and purging come on simultaneously.

Infantile Cholera, like that of adults, arises from a loss of the power of digestion; the food being imperfectly digested, becomes sour and acrid, and offends the stomach and bowels; the constitution, endeavoring to cast off the undigested matter, by vomiting and purging. Cholera of infants is usually much more protracted in duration, than that of adults; generally continuing for several days, and not unfrequently becomes chronic. In many instances, however, the vital powers sink rapidly, and the disease, if not subdued, will become suddenly fatal.

Now in all cases, there are two important objects to be observed in directing the treatment, namely: To assist the digestive functions, and to give such food as is most easily digested, avoiding everything that will be likely to ferment and sour on the stomach.

I have treated a great many cases of bowel complaint, and have never, as yet, had the misfortune to lose one case; and yet my treatment has been quite simple, even in severe cases, where the extremities were cold, with a general torpor of the skin.

The Abdominal Compress.—I have used the compress, prepared as follows: Take a piece of muslin of sufficient size to bandage the abdomen, spread it with rosin soap, and add one-half ounce of cloves, pulverized; cover with another piece of muslin, and stitch, or quilt it closely; then cover with a piece of flannel, applying the flannel side next to the body, and keep it saturated with whiskey. This can be worn many days, or even weeks, by frequently changing the flannel. Every time the dressing is taken off, rub with a coarse towel, and bathe with No. 6, or whiskey.

I have used the above with marked benefit. It should be followed by an emetic of green lobelia prepared as follows: Take an even teaspoonful of the green lobelia, and the same of No. 6, in a half teacupful of strong bayberry, or Thomson's No. 3 powder, prepared as a tea; strong tea of the dewberry root, or raspberry leaves, will answer as well. In severe cases, use the "third preparation of lobelia," with a portion of the "green lobelia," adding the tea. We have given the third preparation in a small quantity of boiled milk. The operation of

an emetic has a beneficial influence upon the liver, in arousing it from a state of torpor.

Injections in the first stage of bowel complaint, repeated perhaps three or four times, will in many instances, be sufficient to check the disease. They should be prepared in some one of the teas mentioned before, always adding a portion of lobelia and No. 6, as the severity of the case may require. When the evacuations are green, denoting the presence of acid, or if they be of a frothy, acrid character, a portion of saleratus, or a teaspoonful of the bicarbonate of soda should be added to the injection. A tea made of soot from a chimney, or a teaspoonful of purified animal charcoal, given in a portion of boiled milk, will neutralize the acidity of the stomach.

To the injections should be added the use of the "vapor bath," for which directions are given in the article under that name. All who have ever witnessed the effects of the vapor bath in cholera infantum, must have been convinced of its utility. This disease often runs on for several weeks, the patient looking badly, and as though it could not live long; but if the above treatment is used perseveringly, it will in most cases effect a cure.

CHOLERA.

This most distressing disease, which has made such fearful strides over the earth, sweeping down

thousands of our race, suggests the natural inquiry to all thinking persons, what causes the Cholera, and can it be prevented? The profoundest philosophers, chemists, physiologists, and theropuetists have bestowed their most careful investigations upon this subject, until the results of these investigations have become so numerous and varied, if not absolutely contradictory, as to leave the whole subject in obscurity and doubt. J. W. Comfort, late of Philadelphia, in his botanic practice, says: "In all the cases of recoveries from cholera which have come under my immediate notice, where an opportunity afforded of examining the matters ejected from the stomach, under the operation of emetics employed, there have been invariably flakes of a membraneous appearance, mixed with thickened, greyish, or brown tenacious secretions, to be observed floating upon the fluids thrown up."

The Immediate, or Existing Cause.—The generally existing cause of cholera, as it prevailed in Philadelphia, in 1832 and '49, was undigested food in the stomach; the enfeebled condition of the digestive powers rendered the stomach extremely liable to become oppressed, and even paralyzed, by improper articles of diet. In most instance, when the attack was sudden and violent, it was after food had been taken that proved indigestable, acting as a violent poison to the vital functions; the straining efforts to vomit, attending the disease,

were the struggles of nature to rid the stomach of the offending cause; but frequently these efforts were ineffectual when not assisted by appropriate remedies. In cases of cholera, where the prominent symptoms were watery diarrhea, unattended with vomiting, or sickness at the stomach, the administration of the hot air bath, followed by a stimulating lobelia emetic, proved the most effectual treatment, evacuating the stomach of masses of indigestible food and acrid secretions which had remained in the stomach, but for want of a proper degree of sensibility in that organ; their presence exciting neither sickness nor vomiting. Dr. Geo. McClellan, in a lecture, stated that during the prevalence of cholera in 1832, finding, by post-mortem examination, masses of indigestible crudities in the stomach, where persons had died of the disease. He adopted the practice of administering active mustard emetics, and stated that in some instances, indigestible crudities were thrown from the stomach, such as pieces of boiled beets, cabbage, corned beef, &c., which evidently, in some instances, had lain a week or more in the stomach, as the persons had eaten nothing of the kind during that period of time. The lecturer informed the class that the practice was invariably successful when the mustard emetic effected a free evacuation of the stomach, before the patient had sunk deep into a state of collapse. The diagnostic

signs of this dreadful malady are well defined and we see no reason why we may not fill the various indications promptly, and successfully relieve the symptoms; the premonitory symptoms are usually languor, giddiness, pain, and rumbling noise in the bowels, headache, diarrhea, and sometimes nausea and vomiting, slight cramps of the fingers and toes. When the disease is fully established, the symptoms are giddiness, ringing in the ears, imperfect vision, violent vomiting, intense burning sensation at the pit of the stomach, raging thirst, cramps and spasms of the lower extremities and sometimes extending over the whole body, the eyes sunken and the countenance pale; the skin becomes corrugated on the hands and feet and acquires a livid, bluish color, turning cold and white; the blood thick and black, highly carbonized; frequent discharges from the stomach and bowels of a serous, or watery fluid, resembling rice water, with complete suppression of the biliary and urinary secretions, and partial suspension of the action of the heart and arteries; the mental faculties usually remain unimpaired.

Treatment.—The following treatment will prove successful in almost every case if instituted in season; in most cases we find the patient weak and sinking, nervous functions in a measure suspended, circulation abridged, determination inward, great irritation in the alimentary canal,

intense burning within, but cold without, and the surface covered with a cold, clammy sweat. With these symptoms, the indications are manifest.—Treatment first to reverse the determination, to restore nervous action, to equalize the circulation and restore animal heat. Secondly, to remove every cause of irritation from the alimentary canal. Thirdly, to sustain the strength of the patient and tone up the general system. The first indication may be filled by the use of the foot bath, of water as warm as can be borne, and containing a portion of salt, to be continued twenty minutes, with friction. In mild cases, give "Comfort's Cholera Mixture," "Cholera Drops," and "Concentrated Cholera Mixture." In severe cases, or where the above remedies fail, the "Third preparation of Lobelia," vapor baths and active stimulating applications to the surface, such as equal portions of composition powder, cayenne and elm powder, wet with hot water to a proper consistence for a poultice, applied over the abdomen, will be found highly advantageous in the treatment of cholera. Wet the poultice occasionally and renew it as often as once in twenty-four hours. If any of the above remedies cannot be obtained, I have used the *abdominal compress* with decided benefit (see Cholera Infantum.) Finally, the only effectual way to relieve the retching and vomiting attendant upon cholera is to warm the system, cleanse

the stomach, and effect a determination to the surface. Full doses of emetic preparations may occasion pain in the stomach, but the pain soon subsides, and the patient feels at once that he has been benefited by the medicine. Hot applications to the pit of the stomach will tend to relieve pain. The bath must be repeated as often as the nature of the case seems to require.

Injections.—Stimulating and astringent injections are beneficial in all cases of cholera, and though not indespensable to the cure of the disease, still they cannot be employed too frequently to answer a good purpose. One of the best preparations for injections is half a pint of bayberry or sumach tea, with from one to two teaspoonfuls of the third preparation of lobelia added. Drink cold water if it agrees with the stomach; if the thirst be urgent, composition or ginger tea, or almost any kind of aromatic herb tea that the patient may fancy. I would greatly prefer balm.

Diet.—Essence of beef, essence of chicken, egg soup and wine whey constitute the kinds of food best adapted to the digestive functions in this disease.

Prevention of Cholera.—In order to prevent cholera, it is highly important to observe regularity in living. Eat regularly and sufficiently of plain, nourishing and substantial food, three times a day, at intervals of from five to six hours, eating

nothing between meals. Avoid heavy and late suppers. Reject all unripe fruits, cucumbers, onions, pickles, and other innutritious, irritating and indigestible articles of food. Use no rancid butter in any way. It is also important to avoid hot or highly shortened and rich bread, sweet cake and highly seasoned pastry, &c., in consequence of the great tendency of such articles to produce acidity of the stomach. On this account also, sugar and molasses, in any way, should be used in moderation. "Whatever is calculated to promote and maintain the health of the body, is a preventive of cholera." Use good sweet bread, but none fresh baked or warm; that made of unbolted wheat flour is the best; the juice and pulp of ripe fruits, rejecting the indigestible portions, as the rind, core, seeds, &c.; eat moderately of animal food, either fresh or salt, of such as is healthy and properly prepared; but use no veal or fibrous salt meat that has had its nutritious substance destroyed by saltpetre or a superabundance of salt, or that has been otherwise injured. Those who have not heretofore discarded the habitual use of ardent spirits and tobacco, should leave it off at once, and entirely; these are artificial and enervating stimulants, and as such, constantly over-excite the nervous system and produce a predisposition to disease, and especially to cholera. Avoid dense crowds of human beings, wherever congregated.

Ventilate your houses, particularly the sleeping apartments, thoroughly in the day time ; and at night leave open all the partition doors that you can, and permit the escape of impure air at the tops of the windows. Preserve your rooms, beds and clothing, free from dampness and mold, and keep small fires, in cool and damp weather. Damp houses should have fire in them every day. Retire early, and put on sufficient clothing for the state of the weather, immediately on leaving your bed. Avoid the intense heat of the sun at noonday, and the dampness of the night air. Preserve the mind calm and free from anxiety. Pay timely and proper attention to deviations from health. Dress with regard to the wants of the body, always taking into consideration the temperature of the atmosphere. Be *temperate* in all things. Pay strict regard to the state of the skin and bowels, and secure their healthy action. We believe the above to be the best preventive means of cholera and also practical and reliable rules of health.

Case of Cholera.—In the year 1855, I was called upon to treat a case of cholera, the patient being a lady, upwards of seventy years of age, living in Alliance, Ohio. She was entirely alone when taken with the cholera, and consequently some time elapsed before anything was done for her. When I arrived I found her making ineffectual efforts, to vomit, attended with frequent purging

and cramp in the limbs. She grew rapidly worse and became unable to speak. A daughter and daughter-in-law were present, who were much opposed to my mode of treatment, and positively refused to render any assistance whatever—even refusing to get cloths, in which to wrap heated bricks. Dr. W———, a physician living near by, called at the door during the evening to enquire after the mother, and was told by one of the daughters, contrary to the state of the patient, that she was no better. He exclaimed, "Oh, dear !" and turned away.

Treatment.—Owing to the opposition of which I have spoken, I commenced with a milder treatment of the case than I should have otherwise employed, which was as follows : Frequent doses of a strong tea, made of composition and nerve powders, spirits of camphor, extract of ginger, &c., giving injections to the bowels of the same tea also, steaming bricks, &c. Finding this insufficient, I resorted to more prompt and powerful remedies, administering the "third preparation of lobelia" in teaspoonful doses every ten or fifteen minutes, until three doses were taken ; when the patient raising her hand, said : "I feel the good of your medicine ; this is the first that has done me good, and I feel it to the ends of my fingers." Reaction had now taken place. I continued with the spirits of camphor, extract of ginger, &c., kept

heated bricks wrapped in *damp* cloths, (steaming), around her body and limbs, frequently bathing her limbs and abdomen with No. 6, using active friction to the surface. I gave her the composition and nervine tea with cream, and sweetened, continued the injections of the tea for several days, and directed suitable nourishment to be taken; also tonics, such as "Comfort's common spiced bitters." She was taken about eight o'clock in the morning, and I was called at two o'clock, P. M., and remained with her until one the following morning, when I left her in a comfortable condition. I called again early in the day, but was preceded by Dr. W———, who had called to see if she was still living, and being told by her husband that she was very comfortable, he silently turned away. She speedily recovered, notwithstanding her age, and was, at last accounts, still living.

Note.—In a short time after this, the daughter before mentioned, procured a quantity of plums for preserving purposes, and eating heartily of the fruit, was taken with cholera the ensuing night. Dr. W——— was called to treat the case, and the patient died the following day. Her father stated that there were knots upon her limbs as large as a walnut, and that he believed if she had been treated as her mother had been, that she too might have recovered.

Charcoal as a Preventive of Cholera.—The pub-

lic Ledger of Philadelphia contained an article a short time since, recommending pulverized charcoal as a preventive of cholera. Purified charcoal possesses extraordinary antiseptic and absorbent properties ; it will purify meat which has become tainted. We have great confidence in charcoal as a corrector of the contents of the stomach, and believe it may be used with special benefit as a preventive of cholera. It has been ascertained of Dr. Garrod, of London, by experiment, that purified animal charcol is an antidote to all of the vegetable and many of the mineral poisons. The secretions in the stomach, during the prevalence of cholera, are very liable to be acrid, and we believe, often, to some extent, poisonous, even when the general health is not very materially impaired. In such cases, charcoal taken on an empty stomach may prove a preventive of cholera. The purified charcoal, combined with a concentrated syrup of bayberry or dewberry root is a preparation that we have used in a great many cases of sickness of various kinds, with evident benefit to the patients. The dose of charcoal is from a teaspoonful to a large tablespoonful. It may be taken mixed with water, boiled milk or composition tea or cayenne tea. Charcoal is a safe article and may be taken freely without any risk of its doing injury.

CASES OF CHOLERA.—FROM "REPORTS OF CASES" IN COMFORT'S MEDICAL JOURNAL.

"J.— W———, a man about 32 years of age, was taken ill of cholera, in August, 1833. When I first saw him he had been ill three days ; vomiting and purging frequently, and in great distress. The surface and extremities were cold, countenance haggard, voice husky, and he had begun to have severe cramps in his legs. The stomach rejected everything that had been given.

"*Treatment.*—A vapor bath ; and stimulants given (such as composition, No. 6, and cayenne ;) but everything swallowed was immediately rejected. I had had no experience in the treatment of cholera, but recollected the advice of Dr. Thomson,—'In violent attacks of disease, give the strongest medicine;' and influenced by this advice, I gave the third preparation of lobelia, a teaspoonful added to half a teacupful of bayberry tea ; and this was the first medicine which the stomach had retained for three days and nights. In about twenty minutes the patient threw up a gill or more of a thick gray substance, together with fluids ; and immediately after the symptoms seemed more favorable. I then repeated the dose every hour, and it produced the most happy effect. Hot bricks were kept to the feet and body, and after three or four doses of the third preparation, the surface became warm, and very little of the cramps

remained. The stomach became settled so that nourishment could be retained, and composition and cayenne tea were given freely without being rejected. The vapor bath was administered daily, and always proved beneficial ; and in a few days, Mr. W——— was able to attend to business."

"Mr. S——— was attacked with cholera at night, whilst sleeping in his store. He was taken home and I saw him at two o'clock in the morning, and found him in a state of collapse, and his stomach rejecting everything that had been swallowed. The 'rice water' discharges from his stomach and bowels were excessive—more than a quart passing the bowels every fifteen or twenty minutes. His tongue was dry, thirst urgent, features pinched, and voice hollow ; and he was cramped from head to foot.

"*Treatment.*—The alcoholic hot air bath was applied, and before the patient had been in the bath fifteen minutes he experienced much relief from the cramps, and other distressing symptoms. After the bath, hot bricks were applied, and the third preparation of lobelia given in teaspoonful doses every ten or fifteen minutes in composition tea, until about four doses had been given. It had the same good effect as in the above case ; and when reaction had taken place, composition and cayenne were given as medicine, and milk por-

ridge well seasoned with cayenne, as nourishment. In a few days Mr. S. recovered his usual health.

"In applying the vapor, or hot air bath, I have found it necessary in most cases of cholera, to have the patient's head supported by a pillow, placed on the back of a chair before the patient; and I have never known an instance where the cramps were not entirely overcome or greatly relieved by these baths."

"Mr. B——— had been under treatment for cholera, but obtaining no relief that was permanent, sent for me. I found him in the greatest distress, and growing worse. I placed him in the hot air bath and proceeded with the remedies much the same as in the above cases, and with the same satisfactory result. He took a teaspoonful of the third preparation of lobelia in composition tea every hour through the night. After this, he took freely of cayenne, ginger and composition tea, to keep up the heat. Essence of beef, and cracker panada, with wine, was given for nourishment. He was able to attend to business in a week from the time I first visited him."

"Mrs. C———, of Camden, N. J., was attacked with cholera, and her husband desired me to visit her. I did so, and pursued my usual course of treatment with good success. Under the opera-

tion of the medicince, she threw up food which had been taken two days previously—the stomach having made many fruitless efforts to throw off the offending material, but could not accomplish it without aid.

"If the treatment had been directed to quiet the stomach and bowels as is so often the case by the use of narcotics and anodynes, the case would in all human probability have terminated fatally, as many others have terminated under such treatment, which would not have been their fate if they had been placed under that kind of treatment, which raises and aids the sunken energies of the stomach, and gives it power to expel the offending cause."

"The following cases of sudden death from cholera occurred during the summer of ——, when the disease prevailed in Philadelphia, a lady from the country, on a visit to her daughter, living on Erie street, was taken suddenly with distress in her stomach soon after dinner, and attributed it to the green peas she had eaten. The pain increased and she began to retch and make efforts to vomit. Several physicians were called, and preparations of camphor, opium, &c., were given her, but she still grew worse, and the vomiting and purging continued; the patient became terribly cramped, and died in eight hours after she was taken ill.

"This lady apparently enjoyed perfect health before dinner, cheerful and enjoying company, and might have been cured, we confidently believe, by an emetic of the third preparation of lobelia, given in the early stage of the attack. Nature made the effort to throw the offending cause from the stomach, and by the help of an emetic, early administered, the stomach would have been relieved, further suffering prevented, and the life of the patient saved."

"Two ladies in a family in Almond street were taken suddenly ill soon after dinner, and both attributed their diseases to boiled string beans and ice cream, which they had eaten for dinner. A physician of the old school, who had been thirty years in practice, was called, who prescribed opium pills, and nothing else, from first to last, and both patients died the following night."

It is our settled conviction that each of the above cases might have been cured without difficulty, by a prompt and efficient lobelia emetic, given in the early stage of the attack, before the powers of the stomach were too far prostrated.

ERUPTIVE DISEASES.

SMALL POX.

Symptoms.—Some days after exposure to the infection, perhaps eight to fifteen, as in other cases of obstruction of the circulation, the patient is seized with languor and lassitude, and soon after, with pains in different parts of the nervous system, according to temperament, liabilities and habits; usually however in the head and spinal column. These pains are succeeded by fever, oppression of the brain, and now and then by delirium. Those who live most temperately and regularly, and chiefly, or wholly, on vegetable food, are least liable to take the disease, and least injured by it when they do take it. These symptoms usually continue from three to four days before the eruption appears.

Treatment.—Small pox should be treated on general principles, the same as other forms of disease attended with fever.

If the fever is severe, and especially if delirium follows, a *full course* of medicine should be administered. It will tend to relieve the distress, and where the eruption is slow to come out, it should in no wise be omitted.

"During the cold or forming stage, the patient should be kept warm; but after the fever is established, the covering should not be too great, nor

the room kept uncomfortably warm. It is also important that the room should be well ventilated."

The Vapor Bath.—"During the chilly or forming stage of small pox, more especially when the efforts at reaction are feeble, and the cold stage consequently becomes more protracted, the vapor bath is of essential benefit, and, when followed by an emetic, will seldom fail to bring on reaction. The bath also prepares the skin for the reception of the eruption. After the bath, the patient may be washed or sponged over with soap and water, or with a weak solution of saleratus in water. The temperature of the water should be regulated to suit the feelings of the patient.

Drinks.—Where the thirst is urgent, moderate quantities of cold water, or lemonade, may be allowed the patient, more especially after taking a dose of stimulating medicine."

The Diet.—"During the early stages of the disease but little nourishment will be desired. Crust-coffee, barley-water, elm-gruel, &c., are suitable in ordinary cases, until the pustules begin to assume a yellow appearance, when a more generous diet may be allowed, as milk porridge, toast and milk, soft boiled eggs, custards, &c. Where the symptoms indicate great prostration of the vital powers, wine whey and the essence of beef should be given as nourishment. Five or ten grains of the carbonate of ammonia may be added to a wine-

glassful of the whey, as it tends to prevent acidity of the stomach, and also affords a grateful stimulus. Constipation of the bowels may be in a great measure overcome by a diet consisting principally of unbolted wheat flour gruel, calves' foot jelly, stewed prunes, Indian gruel, well boiled, or bread cut in thin slices, well toasted and softened with sweet cream or boiled milk."

"When the eyes are very sore, they should be kept covered with soft cloths, wet frequently with rose-water or raspberry-leaf tea, adding a portion of powdered elm."

VACCINATION—COW POX.

"The frightful and ridiculous accounts related concerning vaccination during its early struggles against popular prejudice, were probably not even surpassed in inconsistency by the multitude of gross and palpable misrepresentations extensively circulated concerning Thomson's system of medicine.

"The practice of vaccination however, finally gained the confidence of many medical men, and soon become generally adopted. Jenner, on his first visit to the United States for the purpose of introducing vaccination, met with strenuous opposition from the medical profession of Boston, where he first landed. Dr. Benjamin Waterhouse, then a professor at Yale College, was the first of the

medical faculty who adopted vaccination; he introduced it into his own family, and about the same time Thomas Jefferson's family were vaccinated; and in a few years after, the practice of vaccination became generally adopted, not only in England and the United States, but throughout all the civilized countries.

"There is too much evidence to admit of a doubt, that vaccination affords a protection in general against small pox. That it occasionally fails to afford protection to the system, is equally certain; but it should be borne in mind that there are many assignable causes for these failures; such as when the matter used is of a spurious character, or its virtue destroyed by long keeping; or where erysipelatous inflammation takes place, and destroys the genuine character of the disease; or where the patient is affected with an eruptive disorder, and thus the vaccine disease is prevented or changed. Dr. J. W. Comfort, in his practice, says: 'I attended a female who had the small pox in a most violent form, and who had been vaccinated. On examining the mark on her arm, I discovered a large smooth scar nearly the size of a quarter of a dollar, showing that the scab must have been three or four times as large as a genuine vaccine scab; and that the inflammation had probably so modified the disease, as to afford no protection against small pox. Her family had been vaccina-

ted, and they all escaped the small pox. It is at least probable that in the greater part of those cases of small pox that occur after vaccination, the failure of vaccination in affording protection has been in consequence of imperfection in the vaccine virus, its nature being changed by erysipelatious inflammation ; the vesicle having broken and the fluid escaped ; or from the scab being injured or rubbed off soon after it had formed.

"A genuine vaccine scab is not larger in circumference than a five cent piece, nearly round, with an indentation, or eye in the centre ; smooth on the upper surface, with a bold and regular rounded edge ; of a mahogany color, horny appearance, and brittle.

The Season Most Favorable.—"In very cold or very hot weather, vaccination is very liable to fail, requiring in some instances to be repeated several times before it will take.

Age.—"A child should not be vaccinated until after it is at least two months old. The usual time is about the fourth or fifth month.

Precautions.—"Be sure that the matter to be used is genuine. Do not vaccinate a child affected with any eruptive disease. Persons predisposed to erysipelas should not be vaccinated at a time when that disease is prevailing.

General Characteristics of the Genuine Vaccine Disease.—"Little or no inflammation until or after

the third day from the time the puncture is made.

"About the fourth or fifth day, a small point of inflammation appears, which gradually enlarges, and in about two days, a small vesicle is formed, which is depressed in the centre, and without inflammation in the adjoining skin. The vesicle enlarges, remains circular, with a regular and well defined margin, more depressed in the centre, and a small crust begins to form in the centre of the depression, by the seventh or eighth day. Frequently by the ninth day it will be two or three inches in diameter, but remaining circular. The crust in the centre grows darker, assuming the appearance of matter.

"The crust, in many instances, does not loosen and fall off under three weeks. It leaves a permanent circular cicatrix, being marked by many little pits."

Local Treatment.—"When the inflammation becomes so great as to require attention, as it often does when the disease is of a spurious character, the parts should be bathed occasionally with tincture of lobelia, and a salve of simple cerate, or a preparation of sweet oil and lime water applied. In some cases, a poultice of elm and ginger, kept wet with the tincture of lobelia, answers better than salves. In severe cases, accompanied with much pain, the bowels should be relieved by injections, and the patient kept slightly nauseated with lobelia,

or if necessary a vapor bath and an emetic given. When the swelling is very great, the arm should be kept at perfect rest, in a sling, or on a pillow.

"The glands under the arm are apt to be swollen, and sore, and care should be taken to avoid lifting a child with the hands under the arms, as is the usual practice."—*Comfort's Practice.*

SCALD HEAD.

This disease commences with small ulcers which discharge a humor that forms into thick crusts or scabs; sometimes nearly the whole of the scalp becomes affected, forming a continuous mass or scab, attended with itching. This disease is mostly confined to children, and, unless correctly treated, may continue for years.

Treatment.—A most important part of the treatment is to exclude the air from the parts affected. Cut the hair off and apply some kind of salve or plaster that will exclude the air; such as Thomson's Healing Salve, or an ointment made of tar and suet, wearing a cap made of bladder or oiled silk. The cap must be removed every day, and the parts that suppurate, be cleansed. Rub the cap over the inside with tallow or oil, to prevent sticking. Tincture of myrrh or bayberry, or a tea made of soot may be used to allay the itching. Constitutional treatment should also be used in bad cases, with a suitable diet; bread made of

unbolted flour, rye mush, fruit, &c. After a cure, the head should be bathed twice a day, for a time, with tincture of myrrh, to prevent a return of the eruption.

TETTER.

There are different forms of tetter; such as pustular, corroding, or eating tetter; and another species appearing in the form of hard, dry, red spots, mostly on the face and neck, but sometimes extending over the whole body. It depends in general upon chronic derangement of some internal organ, such as torpor of the liver or obstinate constipation of the bowels; and can be cured only by restoring the disordered functions of the system. If the habits be sedentary, the patient should exercise in the open air, especially after meals, and use especial care to keep the feet warm and dry.

Diet should be such as best suits the patient's constitution, avoiding hot bread, sweet cakes, fat, salt meat, or strong coffee.

A change of residence has been found beneficial where medicine without a change may fail.

PRICKLY HEAT.

This disease generally attacks children in very warm weather, and during the period of teething. Feeble digestion is the common cause.

Treatment.—A few doses of lime water, togeth-

er with the use of the tincture of lobelia, in small quantities, to produce a slight nausea. This will correct the stomach and bowels. The eruption will continue in many cases until the teeth are through the gums, and the irritation has subsided.

ERYSIPELAS.

Erysipelas seldom occurs unless there be a derangement of the general health. The first symptoms are languor, chilliness, headach, loss of appetite, and other signs of a disordered stomach. These symptoms are usually followed by fever for two or three days before the eruption appears.

The face and limbs are most liable to erysipelas. The danger is not great unless the brain be attacked by it, or when it occurs in broken down constistitutions, and the disease assumes a typhus character.

Treatment.—A course of medicine will, in many instances, check at once the further spreading of the inflammation. When on the face or head, evacuate the bowels by injections, and drink warm teas. In all severe cases, keep the patient more or less relaxed with small doses of lobelia, and give either composition or pepper tea. The room should be kept at a moderate and even temperature.

Diet should consist of the lightest kind of food, such as slippery elm gruel, barley water, essence of beef, wine whey, &c.

Children predisposed to erysipelas should not be vaccinated until the health is restored.

As a local application to the inflamed surface, the third preparation of lobelia has been used with much benefit. Soap, liniment, opodeldoc, sweet oil and lime water, or tar ointment, may either of them be applied to the parts affected.

MEASLES.

This disease usually becomes developed either on the fifth or seventh day after exposure to the contageon. The symptoms are restlessness, chilliness, pain in the head, with an increased flow of tears, and a discharge of watery humors from the nostrils. In the first stage of the disease, fever comes on, the throat becomes soar, there is hoarseness and a dry cough, nausea and vomiting, hurried and oppressed breathing, pain in the back and loins, and sometimes profuse sweating. In about four or five days after the commencement of the fever, the eruptions appear in the form of small red spots.

Treatment.—In ordinary cases, but little medicine is required. The vapor bath and an emetic in the early stage, will lighten the disease and render the patient more comfortable; afterwards give small doses of tincture of lobelia and warm teas, such as composition, ginger, pennyroyal, &c. Keep the patient comfortably warm, avoiding exposure to a current of air.

Where more than one of the family are sick at the same time, let them be kept separate, if possible.

SCARLET FEVER.

This resembles measles so closely in the first stages that it is difficult to distinguish between them. It is of no consequence to make a distinction, as the very same course of treatment is applicable to both cases.

SHINGLES.

"This disease bears a close resemblance to erysipelas, and arises from a disordered state of the system, loss of appetite, lassitude, headache, nausea, shooting pains through the chest and stomach, &c., are symptoms usually preceding the eruption. The vesicles are transparent until the fourth or fifth day, when they acquire a yellowish or milky appearance, and in the course of a day or two, break and form brown crust, and in a few days after, fall off."

"There is a vulgar and erroneous notion that the eruption proves fatal when it surrounds the whole body." This we know to be untrue. "The patient should be cautioned against rubbing off the heads of the blisters, as troublesome ulceration may follow as a consequence of their premature rupture.

Treatment, the same as erysipelas.

FELONS AND ABSCESSES.

Nothing will afford so much relief as local steaming, in felons or abscesses. When deeply seated in the tissues and the pain is intensely severe, steaming over a basin of hot water, with a covering over the hand and basin to confine the warm vapor to the parts. After steaming, poultices should be applied, composed of elm powder, green lobelia and white pond lily, equal parts; the poultice to be be kept wet with warm water or what is better, composition tea; then place the hand upon a warm brick wrapped in a wet cloth and warmly covered; the heat and moisture thus effected, relieves the pain by promoting the circulation of blood in the capillary vessels, and at the same time hasten the passage of the matter to the surface and promote suppuration. We would recommend a trial of the steaming in all cases of felons, catarrhs, &c.

OF THE TREATMENT OF OLD SORES, OR CHRONIC ULCERS.

The chief causes which prevent the healing of ulcers, are a want of healthy circulation in the parts, and the formation of acrid, irritating matter upon the surface of the ulcer.

To Improve the Circulation.—The application of heat and moisture; in other words, steaming the affected part half an hour or longer at a time,

will restore the circulation and supply the vessels with arterial blood more promptly than by any other local means that can be employed. The steaming should be done daily, or less frequently, as the circumstances of the case may require. We have often observed a very striking difference in the appearance of the ulcer, but more particularly in the surrounding tissues, as presented before and after a local steaming. Those not supplied with an apparatus for the purpose, may apply the steam by placing a hot brick in a vessel containing hot water, about two inches in depth, and resting the limb upon a chair, having a covering so placed as to confine the vapor to the limb, which must be stripped of all dressing. After the steaming the limb should be washed with cold water, rubbed dry, and bathed with vinegar or whiskey; and when the dressing is put on, envelope the limb where the ulcer is situated with oiled silk, to prevent evaporation, and retain the heat. If the affected parts cannot be kept warm without artificial means, apply a jug of hot water.

Bandaging the Limb.—If the limb be swollen, a bandage should be put on after each dressing, or what is still better, a laced stocking should be worn. This is more especially demanded where the veins are enlarged, as they generally are in cases of chronic ulcers on the leg.

Tincture of Myrrh.—The application of tincture

of myrrh to an ulcer, prevents the putrefactive tendency, so common in all sores. There is no other article, probably, of equal efficacy in accomplishing this great object. In many instances, ulcers emit an offensive odor, occasioned by the putrid matter covering its surface. The myrrh should be applied as often as twice a day, until the ulcer is healed.

Finely pulverized sugar should be sprinkled on the ulcer after the myrrh has been applied, and then apply a poultice of elm and white pond lily, or if the ulcer be very irritable, the poultice may be made of elm powder alone.

Constitutional Treatment.—A dose of composition to be taken three or four times a day ; from three to five compound lobelia pills, at bed time, and occasionally a dose of No. 6, after meals. Besides the above treatment, a full course of medicine should be administered once a week. This treatment will, in most cases, not only give relief, but by improving the general health, the parts will become in a healthy condition, and the ulcer can be healed with perfect safety.

In procuring myrrh, be careful to get the *Turkey Myrrh*, and not what is called the India myrrh, as both are in the market. When of good quality, it is reddish-yellow, and translucent; of a strong, peculiar and somewhat fragrant ordor, and a bitter aromatic taste. Myrrh is actively tonic, some-

what stimulant, and possessed, in a high degree, antiseptic properties. (For further properties see article on myrrh.)

The following poultice from "*Comfort's Practice*," we would recommend: "Lobelia powder, with an equal quantity of slippery elm, wet with warm water, constitutes the most efficient form of poultice that can be applied in local inflammation, such as attends biles, felons, &c.

HYDROPHOBIA.

This much dreaded and not unfrequently fatal disease seems to call for speedy and reliable treatment; and that which can be easily and quickly obtained, and is most reliable, has the preference in all emergencies. When the disease becomes seated in the system, there is but little hope of effecting a cure by any medical treatment. "Therefore when an individual has been bitten by a rabid animal, the most prompt measures should be used to prevent the absorption of the poison which may have been deposited in the wound." Dr. J. W. Comfort says, "The most important preventive means used are cutting out the parts that are bitten, or burning with red-hot iron or caustic potash." The third preparation of lobelia is recommended as a most efficient remedy in all cases of hydrophobia, to be given in tablespoonful doses, and repeated frequently; also injections of lobelia

should be administered to relax the system. Lobelia should be employed as a relaxative in hydrophobia, even when other remedies are used. We give the following:

R. C. S., of Montgomery Co., Pa., recently published a receipt which he has himself had occasion to use. It is also recommended by a physician of high standing, in Philadelphia.

Take elecampane root, one and a-half ounces, add one pint new milk, and boil down to one-half pint. Take this at one dose in the morning, fasting until noon, or taking at most, but light refreshment. Repeat on the second morning, taking two ounces of the root; omit one morning, then repeat as before. The wound should be immediately washed in warm water with salt, and burnt with caustic potash. He says this is known as the Goodman remedy, and that by its use, the consequences of hydrophobia may be effectually prevented.

NOTE.—Dr. Comfort also recommends the above as a local remedy, but urges the use of thorough constitutional treatment, with a view to assist the constitution to expel the poison from the system, in case there should be a portion of it absorbed.

Another Remedy for Hydrophobia.—"Take lobelia inflata (green herb) two pounds; good vinegar, one gallon. Bruise the lobelia in a mortar, pour on the vinegar, and digest ten days in the

hot sun, stirring it occasionally. Then press out the liquid and strain for use. Of this preparation, take first a quantity sufficient to produce considerable nausea, and as often as once a day a sufficient quantity to produce vomiting to the extent of from three to four motions. In conjunction with this, take valerian and sculcap, equal parts; two ounces scalded in one pint of water, and of this take a tablespoonful every three hours. Also use the lobelia preparation, externally, sponging the whole body with it twice a day. This treatment to be strictly followed for six days. After this, use the external application once a day for six days more, and during this time, the medicine given inwardly, to be taken less frequently. On the third week the treatment is still more modified.

"In conclusion, we add, that we think this treatment can safely be relied upon as a certain *preventive* or *cure* of this dreadful malady.

"We wish here to mention the importance of always preparing the lobelia for this purpose, in vinegar, instead of spirits, as the former is a very good prophylactic itself against the disease."—*Botanic Medical Reformer.*

WOUNDS, CUTS AND BRUISES.

The air should be immediately excluded from a fresh wound or cut. A cloth wet with tepid water

(not cold) bound on without removing the blood, and kept saturated with pure rye whiskey or No. 6, applied warm, is the best remedy known. If the wound should be about the eye, use the whiskey, as the No. 6 would be too hot and irritating, if a portion should go in the eye.

The water dressing, often proves sufficient for slight bruises. Wormwood, stewed in vinegar, salt and vinegar, and bathed with almost any kind of stimulating liniment is a good remedy. The immediate application of the galvanic battery is a speedy cure for bruises.

SPRAINS.

We would recommend the use of the galvanic battery as a safe and simple cure for sprains, even of long standing. It proves beneficial when other means have failed. The steam or vapor bath is also an excellent remedy, and can always be applied, whereas a battery is not always at hand. Stimulating liniment must also be applied.

TAPE WORM.

SIMPLE BUT EFFECTUAL REMEDY.

From the Universal Receipt Book of Dr. Chase, of Ann Arbor, Michigan. This very annoying and distressing worm has been removed by taking two ounce doses of common pumpkin seeds, pulverized, and repeated every four or five hours, for

four or five days. Spirits of turpentine, also in doses of one-half to two ounces, with castor oil, have proved very effectual; the root of the male fern, valerian, bark of the pomegranate root, &c., have been used with success. But my chief object in speaking upon this subject, is to give the successes of Drs. Beach, of New York, and Dowler, of Beardstown, Ill., from their singularity and perfect eradication of the worm, in both cases: The first is from "Beach's American Practice, and Family Physician," a large work, of three volumes, costing twenty dollars, consequently not generally circulated; whilst the latter is taken from the "Eclectic Medical and College Journal," of Cincinnati, and therefore only taken by physicians of that school. The last was first published by the "New Orleans Medical and Surgical Journal." First then, Dr. Beach, says:

"The symptoms of a tape worm, as related me by Miss Dumouline, who had suffered with it for twenty-five years, are in substance, as follows: It commenced at the age of ten, and afflicted her to the age of thirty-five. The worm often made her distressingly sick at her stomach; she would sometimes vomit blood and be taken suddenly ill, and occasionally while walking, it caused symptoms of many other diseases, great wasting of the flesh, &c. Her appetite was very capricious, being at times good, and then poor for months, during

which time her symptoms were much aggravated; sickness, vomiting, great pain in the chest, stomach and side, motion in the stomach, and also in the bowels, with pain, a sense of fullness or swelling, and beating or throbbing in the same, dizziness, heaviness of the eyes; and she was altogether so miserable that she feared it would destroy her. When she laced or wore anything tight, it produced great distress. The worm appeared to rise up in her throat and sicken her. Her general health was very bad. At intervals, generally some time after taking medicine, pieces of the worm would pass from the bowels, often as many as forty during the day, all alive, and would swim in water.

Treatment.—"Miss Dumouline stated that she had employed twenty physicians, at different periods, and taken a hundred different kinds of medicine without expelling the worm. She had taken spirits of turpentine, but could not retain it upon the stomach. Cowage stripped from the pod, a small teaspoonful three times a day, to be taken, fasting, in a little arrow-root jelly; then occasionly a purgative of mandrake. In connection with this, I directed her to eat freely of garlic, and common fine salt. I gave these under the belief that each article possessed vermifuge properties, without ever having administered them for the tape worm. After having taken them for some time, all her unfavorable symptoms ceased, and subse-

quently the remaining portion of the worm, passed lifeless from her,—an unprecedented circumstance.

"She immediately recovered, and has since retained her health, and there is no evidence that there is any remaining. The patient stated that the worm which passed from her during the time she was afflicted with it, would fill a peck measure and reach one mile in length. Her relief and gratitude may be better imagined than described. I have a portion of this worm in my possession. When once the tape worm begins to pass the bowels, care must be taken not to break it off, for it will then grow again—it has this peculiar property."

Secondly, Dr. Dowler, says: "The subject of this notice is a daughter of Mr. E. Fish, of Beardstown, Ill., about six years old. The only point of special interest in the case consists in the efficiency of the remedy, to me wholly new, and accidently brought to my notice, which was used in its treatment.

"I was treating a brother of this patient; a part of my prescription for whom was, as a drink, the mucilage of elm bark, made by putting pieces of the solid bark into water. The girl was seen to be frequently eating portions of the bark during the day; the next morning after which, upon my visiting the boy, the mother, with much anxiety, showed me a vessel containing something that had that morning passed the girl's bowels, with bits

of the elm bark, enveloped in mucilage, which, upon examination, proved to be about three feet of tape worm. As I supposed the passage of the worm was accidental, and had occurred from the looseness caused by the bark, I proceeded to prescribe, what I supposed a much more potent anthelmintic, a large dose of turpentine and castor oil. The turpentine and oil were given several times during the three consecutive days, causing pretty active purging, but with no appearance of any portions of the worm. The girl being slender, and of irritable temperament, I was forced to desist from further active medications; and partly to allay irritation of the bowels, and partly to test the influence of the bark on the worm, I directed that she should resume the use of the bark as before, by chewing and swallowing in moderate quantities.

"On visiting her the succeeding morning, I was shown portions of the worm, mostly in separate joints, that had been passed over night. Feeling now some confidence in the *anthelmintic* powers of the elm bark, I directed the continued use of it, in the solid form as before, while there should be any portions of the worm passing. In my daily calls for some days, I had the satisfaction to learn that portions of the worm continued to pass, from day to day, and sometimes several times a day.

"I now ceased to visit my little patient, intending only an occasional visit; but my confidence

in the efficacy of the *elm bark* being so well established, I advised its use to be continued for even two or three days after any portions of the worm should be seen in the evacuations. The portions of the worm expelled, even the separate joints, were alive, showing more or less motion ; a sense of their presence in the rectum, from their action, seemed to urge the patient to go to stool for their removal.

"Having given direction for the links or joints to be counted, care was taken to do so, by the mother, and from my notes of the case, I find that during about seven weeks of the intervening time, there had been expelled, by estimate, (taking the average length of the joints,) about *forty-five feet* of worm. At this time there had been no portions of the worm passed for two weeks, during which time the use of the bark had been omitted. The head of the worm, with about fifteen inches of the body attached, had been expelled! But thinking that all portions of the worm or worms might not have been removed, I advised that the patient should resume the use of the bark. Very soon the next day, after doing so, further portions commenced coming away, among them one about *six feet* long, tapering to a thread-like termination.

"The next time I took notes of the case, my estimate of the entire length of the worm that had been expelled, footed up *one hundred and thirty-*

five feet, whether one or more worms I am unable to say, as in the portions I saw, there were a head and tail of what I supposed one worm. Since the last estimate there have been joints occasionally evacuated.

"This patient, when first treated, was thin in flesh—had been growing so for some two years—attended with the usual nervous symptoms, starting out of sleep, variable appetite, etc., but with no great departure from good health.

"As to the influence of this very bland agent in the dislodgment of the tape worm, in this case, I think there can be no doubt, whatever may be the *theory* of its action.

"The passage of portions of the worm, so promptly, on the use of the bark, and the ceasing to do so on the discontinuance of its use, even while active purgative anthelmintics were used, leave no room to doubt its effectiveness in at least this case, as a worm expelling agent.

"It seems probably that the bark, with its thick mucilage, so interposes between the animal and the inner surface of the bowels, as to prevent its lateral grasp on the surface, in consequence of which it is compelled to yield to the force naturally operating, and is carried out with the discharges. But as my object was simply to state the *practical facts* in this case, I will offer no further reflections."

WORMS IN THE STOMACH AND BOWELS.

"Many of the diseases with which children are afflicted are attributed to worms, and in many cases when the worms do not exist; and sometimes injury is done to the patient in trying to destroy them.

"The difficulty of ascertaining whether a child that is sick has worms should occasion no embarassment with regard to the treatment to be pursued. The stomach and bowels being disordered, the indications for the treatment will be the same, whether the patient be effected with worms or not. Give composition powder to warm the stomach, a tea of No. 3, to remove the canker, and the bitters, or either of the articles described under No 4, to correct the bile. If they are bad, give a course of medicine, and give the bitters. When the symptoms are nervous, give the nerve powder. Injections should be frequently given. If there is danger of mortification, make use of No. 6, both in medicines given and in injections. Composition given in luke-warm water or in strong bayberry, or sumac tea, together with small doses of the tincture of lobelia, repeated every two or three hours, will, in many instances, remove all symptoms supposed to be occasioned by worms.

"Milk, boiled with a portion of tansy, may be used to restore digestion; and sometimes it will

cause the expulsion of worms from the bowels."—*Comfort's Practice.*

PILES.

Remedies.—The continued use of compound lobelia pills, from two to five, as the case may require, taken four times a day; together with British oil, from ten to twenty drops, two or three times a day; injections also, composed of a tea made of witch-hazel leaves, containing lobelia, either of the tincture or a strong tea of the herb; if the tincture is used, take from a-half to a teaspoonful; and a-half teaspoonful of British oil. If the first enema move the bowels, repeat it in smaller quantity—say one gill taken at bed-time, and retained. This treatment in connection with the sitz bath every morning, will cure the most obstinate case of piles. Whatever is good to promote digestion and regulate the bowels, is good for piles.

DISEASE OF THE KIDNEYS.

STRANGUARY—RETENTION.—"Stranguary is in almost every instance associated with constitutional disease," and is liable to occur at any period of life. Drawing blisters will often occasion stranguary.

Treatment.—Warm water injected into the bladder with an ordinary syringe, will, in most cases, give immediate relief. Infants may be relieved by a warm hip bath. Injections to the

bowels, containing a portion of lobelia,—say half a teaspoonful of tincture, in composition tea, will be found beneficial.

In all cases where the general health is deranged, a course of medicine is required, followed by the use of flax-seed or watermelon-seed tea, or a tea made of parsley or scabious, and occasionally small doses of the tincture of lobelia.

A poultice of raw onions, crushed, and applied warm over the lower part of the body is of great importance, and has been known to give almost immediate relief.

Scabious tea, sweetened with honey, affords almost instant relief in many cases.

Stranguary, caused by piles, can be speedily removed by injections of witch-hazel, recommended in the treatment of piles.

Retention of urine will, in most cases, yield to the above treatment. In all diseases of the kidneys or bladder, either constitutional or acute, lobelia will be found to be the most effectual remedy that can be employed.

The free use of the compound lobelia pills will be found very beneficial in these diseases.

DISEASE OF THE LIVER.

Causes.—"Inflammation of the liver may be induced by blows or other injuries in the region of the liver; a sudden check to perspiration after

violent, fatiguing exercise; by gall stones, which are hardened secretions, formed in the gall bladder, and found in the ducts; or it may be produced by the same influence that produces intermittent or remittent fever.

Treatment.—"Acute inflammation of the liver requires the same general course of treatment as pleurisy, or inflammation of the lungs, a full course of medicine must be given early in the disease, and repeated daily if the symptoms be violent, until a crisis be effected. If the patient cannot sit up, place hot bricks wrapped in damp cloths around the body, in place of the vapor bath. Relax the system by broken doses of lobelia; give injections to relieve the bowels and to equalize the circulation. Retching and vomiting, although harassing to the patient, are nevertheless often beneficial in assisting the liver to relieve itself of stagnant blood, and vitiated bile.

"Stimulants should be used freely in the advanced stages of the disease. Capsicum tea is the best stimulant, and if the skin be dry, add lobelia powder or tincture. Apply a warm poultice to the affected side, with a hot brick to keep it warm; or cloths wrung out of hot water, and applied as hot as can be borne."

DYSPEPSIA—INDIGESTION.

Dyspepsia is sometimes a consequent of original feebleness of constitution, but is produced by var-

ious causes. Exposure to cold or dampness is a common cause. The inordinate use of tobacco is a fruitful source of dyspepsia. It causes imbecility of mind, and in some instances melancholy. The long continued use of cathartics, anodynes, sedentary habits, unwholesome food, over-eating, &c., are among the many causes of dyspepsia.

The same general treatment given for liver complaint will apply for dyspepsia and all similar diseases.

APOPLEXY, PARALYSIS, EPILEPSY, &c.

Remedies.—"The third preparation of lobelia, brown lobelia tea, stimulating liniments, and warm applications to the feet; injections containing brown lobelia or third preparation, keeping the head elevated and bathed with some kind of spirits, are the remedies best adapted to the cure of apoplexy, palsy, &c. But where the effusion of blood into the brain has taken place, medical treatment will be of little avail."

INFANTILE CONVULSIONS.

The various preparations of lobelia and the vapor bath are most to be relied upon. When a child has symptoms of approaching spasms, such as twitching of the muscles and fever, an emetic should be given at once, and will prove the surest preventive to an attack.

JAUNDICE.

The most prominent symptoms in this complaint are yellowness of the skin and whites of the eyes; loss of appetite; bad tastes in the mouth; costive bowels, &c. The color in jaundice may vary from a light yellow to deep green and almost black, sometimes confined to the face and neck, but sometimes over the whole body and limbs.

Jaundice has occasionally been brought on by mental causes, as severe fright, intense study, grief, &c. Sometimes it is occasioned by gall stones being lodged in the gall ducts; these have been removed in many instances by the use of emetics; the muscular tissues being relaxed by the influence of lobelia, will prove the surest means of removing obstructions, either in the gall ducts or liver.

Harlem oil has been used with good success in some cases. Most cases of jaundice are cured under a persevering botanic treatment.

WHOOPING COUGH.

This disease is more or less protracted in duration. In some instances it may be shortened by medicine; in other cases it is prolonged much beyond the usual period, however judiciously treated. "It is seldom fatal except under unfavorable circumstances."

Treatment.—When the disease is aggravated by cold, or becomes violent, the vapor bath should

be employed; also emetics, enemas, and proper intermediate treatment. In all cases the free use of assafœdita, either in the form of tincture or pills; also a preparation of bay rum and tincture of lobelia, made by adding two ounces of tincture of lobelia to one pint of bay rum; dose, a teaspoonful three times a day.

The tincture of lobelia alone is very good to ease the coughing.

DIPTHERIA.

In bad cases give small doses of No. 6, or the third preparation of lobelia about every half hour; and bind a piece of fat bacon on the outside; and in addition to this use the following wash, with which the throat must be frequently swabbed or gargled: To one-half pint of strong sage tea, add an even teaspoonful of salt; an even teaspoonful of cayenne, one gill of *good cider vinegar*, and a piece of alum about the size of a hickory nut.

In mild cases the gargle will generally prove sufficient of itself, or with the addition of a little constitutional treatment.

The gargle given above is also good in scarlet fever or putrid sore throat.

SICK HEADACHE.

"When a patient can obtain a few hours sleep, the headache is generally cured for the time,

whether they have or have not taken medicine previously.

"*Bitter tonics* should be taken once or twice a day, especially after dinner. Wormwood, golden seal, centaury, balmony, or almost any combination of bitters may be employed.

"*Alkaline Bitters.*—Take a handful of wormwood and a tablespoonful of hickory ashes, pour on a pint of boiling water; a wineglassful to be taken after meals, cold. This is applicable to cases of heartburn or sour eructations.

"*Salt and vinegar* sometimes rectifies a disordered condition of the stomach, and restores digestion. In these cases patients have an inclination for acids.

"*Costiveness* almost universally attends sick headache. The majority of the persons take purgative medicine to remove it, which leaves the bowels in a worse and weaker condition than they were before; the costiveness continues and more physic is taken; and in this way the digestive powers become weakened to such a degree that a natural passage from the bowels is seldom procured.

"*Capsicum*, taken freely at meals, or immediately after, will stimulate the action of the bowels, and, in many cases of constipation, will be sufficient to overcome it.

"Patients subject to attacks of sick headache should use the precaution to dress very warmly

whenever they ride out in cold or damp weather." —*Comfort's Practice.*

DISEASE OF THE HEART.

"Thickening of the walls of the heart is not always to be considered a disease; as in many instances it is designed to enable the heart by the greater developement of its muscular fibers, to force the blood through its natural channels when there is an unnatural impediment to its free circulation.

"Dilatation of the heart is caused by debility, and requires that the tone of the system be strengthened and increased.

"In all cases of disease of the heart, *excesses* of every kind should be avoided. Quietness of mind and body, a strict attention to diet and keeping the body comfortably warm, and the use of remedies that tend to sustain a healthy state of the system, are very important. The means to be employed are, the warm foot bath, the vapor bath, pure stimulants, injections, emetics, friction of the surface, and the continued use of lobelia in broken doses."

Avoid exposing the feet to dampness; also avoid over eating, drinking or exercise.

NEURALGIA.

Remedies.—"Hot applications; stimulating liniament; oiled silk; Granvill's Lotion; vapor bath;

lobelia, either brown lobelia tea, or third preparation; warm tea to promote perspiration. In some cases a course of medicine will afford prompt relief; in other cases the galvanic battery will prove highly beneficial."

DROPSICAL AFFECTIONS.

Remedies.—"Compound lobelia pills; oil of juniper; mustard seed; juniper berries; bicarbonate of potash; scabious; bitter root; prickly ash; cayenne; vapor bath; wet sheet packings; wet dressings on the parts affected, covered with oiled silk; and in deeply seated cases, courses of medicine. When dropsy is occasioned by organic disease of the heart, or of the liver, it is rarely cured by any kind of treatment."

FAINTING.

Remedies.—"Place the head on a level with or lower than the body, throw cold water in the face, and allow the patient fresh air. As soon as the patient can swallow, give stimulating drink, and apply spirits of hartshorn, camphor, or smelling salts to the nose, and avoid a close room."

PLEURISY.

Remedies.—"Hot applications to the side, vapor bath, lobelia emetics, broken doses of lobelia, capsicum, composition, or any stimulating herb teas; and hot poultices."

QUINSY.

Remedies.—"Gargling the throat with cold water or vinegar; and before matter is formed, brown lobelia tea in nauseating doses; wet dressings to the throat, and warm applications to the feet. In severe cases, injections containing brown lobelia."

STROKE OF THE SUN.

"The third preparation of lobelia, or other active stimulant given internally, dash cold water on the head and face, and bath the surface with spirits of camphor, hartshorn, or some kind of alcoholic liquor."

RHEUMATISM.

Treatment of Acute or Inflammatory Rheumatism.—"Courses of medicine constitute the most effectual means for the cure of rheumatism, and should be repeated daily, or less frequently, as the case may demand. The more fully the system is relaxed by lobelia, the more effectual will be the treatment. When not convenient to give the vapor bath, lobelia emetics may be administered without." Warm bricks wrapped in damp cloths, placed around the patient, will perhaps be better than to aggravate the inflamed parts by getting out of bed, and too frequently changing the clothing.

Let the patient drink freely of cayenne and bay-

berry tea, or composition, and broken doses of lobelia. The *compound lobelia pills* are beneficial in rheumatism; from two to five may be taken every hour or two, as the case may require. Rheumatism often requires perseverance in the treatment, especially when accompanied by liver complaint.

Treatment of Chronic Rheumatism.—As a general rule, chronic rheumatism does not demand courses of medicine, except at intervals of from one to three or four weeks. Among the most efficient remedies, besides courses of medicine, and vapor and shower baths, are the compound lobelia pills, No. 3, or anti-canker pills, cayenne, guiacum, white mustard seed, turpentine, salt and brandy. While some of these remedies will agree best with some patients, others will find more benefit from the other ones.

"Warm clothing; hot salt-water baths; warm frictions with the hand, horse hair mitts, or the flesh-brush, and stimulating linaments are adapted to the cure of chronic rheumatism."

BLEEDING FROM THE LUNGS.

In cases of slight bleeding, placing the feet in warm water, and drinking freely of hot composition tea, adding small portions of lobelia, may be sufficient to check the bleeding. Where this is insufficient, a full course of medicine should be

administered. The efforts to vomit will not increase the determination of blood to the lungs, except, momentarily. Stimulating injections are especially beneficial. Keep the patient quiet and avoid conversation.

In cases of deep consumption, if the patient is very weak, it is not best to use any treatment that calls for much exertion, but be allowed to remain perfectly quiet, and apply warmth by means of hot bricks wrapped in damp cloths, or by bottles of hot water.

One of the best internal remedies is a strong decoction of some vegetable astringent that contains a large portion of gallic acid; witch hazel leaves, and the leaves and berries of upland sumac, contain gallic acid, and should be preferred to either bayberry or any other of the astringents in such cases. Persons liable to attacks of hemorrhage of the lungs, will, in almost every instance, prevent bleeding, by taking an emetic or full course of medicine as soon as the symptoms indicate an attack. It is also the most effectual means for restoring the general health, and thus effecting a permanent cure. An *emetic* is the best remedy known for *all kinds* of hemorrhage.

CROUP.

This disease is peculiar to children only, and is of two kinds, namely: Membranous and spasmodic

croup. *Symptoms.*—Those of an ordinary cold may precede an attack of *membranous croup* several days. In the progress of the disease, the breathing becomes difficult, a hard shrill cough, pain and soreness in the front part of the throat, inflammation of the windpipe, attended with spasms of the musles of the throat, causing a peculiar rattling sound, are the characteristics of croup; the face is swollen and red, eyes watery and dim, the skin is dry and hot, and pulse quick. *Spasmodic croup* comes on suddenly violent, and is unattended with fever; the cough is not of that peculiar sound as in membranous croup, and in some cases there is a total absence of cough. A loss of the voice occurs in either form of the disease when severe. Croup generally terminates fatally, unless checked in the early stage of the disease.

Treatment.—The most reliable means used for the cure of croup are emetics, injections and the vapor bath. In mild cases, the tincture of lobelia, given in emetic doses, bathing the feet in warm water, injections and external appliances will remove the cause; and care as to diet, temperature, &c., will effect a cure. If the symptoms do not change favorably from the course of treatment, say in ten or fifteen minutes, apply the vapor bath, and give the third preparation of lobelia in strong bayberry tea; injections should be frequently administered, always containing a portion of

lobelia in almost any form, not only with a view to relieve the bowels, but more especially to excite an afflux of blood to the bowels, and in this way lesson a determination to the throat; to effect this purpose they should be retained in the bowels ten or fifteen minutes, or even longer; no injury will arise if it should remain for hours. Under the influence of lobelia thus administered, free vomiting will most generally be produced. Broken doses of lobelia, either tincture, third preparation or lobelia tea should be taken at intervals of ten or fifteen minutes. *No harm can be done from its free use.* The system will become relaxed and the symptoms of croup diminish. The treatment should be continued as long as symptoms of croup remain, or until the case proves hopeless. Dr. Comfort asserts that "there are few cases of croup probably, which might not be cured by botanic remedies, if early and perseveringly applied. The lobelia strikes at the very root of the disease, and though patients may suffer under its influence, it will do more for them than any other medicine. In violent cases the lobelia may be given during the applications of the vapor bath. The more effectually the system becomes relaxed under its influence, the more certainty there will be of effecting a cure. When the system is relaxed under the influence of lobelia, the patient is usually thirsty, and if a child be allowed to take the breast

freely, it may do harm by oppressing the stomach with food that it is not able to digest. It will therefore be more safe to give the child small portions of water frequently, or what is much better, composition, ginger or simple herb teas.

External Applications.—In the first stages of croup, cotton, wet with camphor, whiskey or vinegar, may be applied to the throat; also water dressing, if properly applied, is very beneficial, but is sometimes more oppressive. A poultice composed of brown lobelia, pulverized, with a portion of elm powder, wet with warm water, or composition tea, is beneficial. Two poultices should be made, so as to change them as often as the one applied becomes cool, being careful not to expose the throat to the air more than possible in the changing. It is important to protect the parts from the cold after poulticing, by bathing with stimulating linament and wearing flannel around the neck. Gargling the throat with a strong infusion of sage, with a portion of capsicum added, is very essential; and when the throat cannot be gargled, as in cases of small children, the swab may be used, by tying a piece of fine sponge securely on the end of a stick, or a piece of soft white cotton material may be used instead of the sponge; by placing a small piece of smooth wood in the child's jaws, the swab can be used without difficulty, and great benefit is derived from this treatment.

Cases of croup are sometimes cured after the symptoms have assumed an alarming character, indicative of a fatal termination. Dr. Chapman reports a case to which he was called when the disease had continued three days without the symptoms having been relieved. As a last resort, they placed the child in a vapor bath, and as soon as it began to sweat the symptoms were relieved. The child was kept in the bath three hours, and recovered. Dr. J. W. Comfort also mentions a case where a child nine months old took two ounces of the third preparation of lobelia, in the course of seven hours, and was cured; when a milder course of treatment would very probably have failed. He remarks that "the free use of the third preparation of lobelia and the continued application of the vapor bath, together with stimulating injections, will be the most effectual means, where the powers of life are far exhausted."

PRESERVATION OF THE EYES.

The following we extract from a New York Medical Monthly, as worthy attention: "There is a tradition at least as old as the Talmud, that the eyes are strengthened by drawing the finger across the eyelids in a horizontal direction. Ex-President Adams, who was affected with an obstruction of the tear passage, used this method to get rid of the accumulating fluid, and the ancient tradition was brought into greater notice by the example of the illustrious statesman.

"The obsolete theory, that the anterior surface of the eye becoming flatter as age advances, is untrue, and therefore manipulations to restore what is not wanting, in an organ so delicate in structure that a rude push may be followed by perpetual darkness, should be avoided.

"The delicate membranes of the eye are liable to be ruptured by blows, falls or other causes, and the lens, which is naturally clear as a crystal, becomes white and opaque. Cataract may be produced by merely interfering with the circulation of the vessels."

Many persons with tolerably good eyesight resort to treatment for them which proves their ruin, when by letting them alone they might retain their eye sight for life.

"The eyes are liable to injury from even a moderate pressure, as the following case will prove. A gentleman had been at a party of friends, when a person stopped suddenly behind him, and, covering both eyes with his hands, wished him to guess who it was. The former, without speaking a word, endeavored to escape from the pressure, and when the eyelids were opened he was entirely bereft of sight. Although there was not the least appearance of injury, the sufferer remained hopelessly blind.

"The popular notion that the eyes are preserved by opening them every morning in a basin of water, is erroneous. Some of the worst cases of film on the surface of the eye have been witnessed in those who boasted of this practice. The secretion which lubricates the eye is partially soluble in water, and it is inconsistent with common sense

to wash it away. When the secretion is vitiated by cold or other causes, quince seed tea, or milk and water, are preferable for ablution to water alone. Avoid eye waters, many of which contain lead, or there are ten chances to one that they will produce an incurable film. To make this clear, dissolve a little sugar of lead in water, and pour the solution in a wine-glass containing a solution of water with common salt. When the fluids are mixed, a white precipitate of chloride of lead falls to the bottom of the glass. When eye waters containing lead are used, the tears furnish salt, and the lead is precipitated. The transparent portion of the eye is sometimes extensively tattooed with this white leaden powder, and vision becomes indistinct, or even destroyed.

"When the general health is robust, the organs of vision will endure a much greater amount of labor than when it is depressed, especially by mental disturbance. When they have become weak, much of their preservation depends on the proper management of light to which they are exposed. When the light is in excess it should be diminished, and when it is deficent, labor should be discontinued. The flame of a good oil lamp is more regular than that of gas or candles, and is therefore to be preferred. By placing a shade of light blue tissue paper over the lamp the light is ameliorated, for artificial light contains a superabundance of the yellow and red rays, but is deficient in the violent. By allowing it to pass through the bluish medium, it approaches nearer to the light of day, and is better adopted for continued application of the organs of vision."

The weight of the whole matter is just this: "Let your eyes alone and they may serve you all your days." Should they become out of order, apply some simple remedy that you know to be harmless, and not risk living in darkness the rest of your days by using any eye water that you are acquainted with, or do not know of what it is composed.

The following we can recommend as a very good wash for the eyes when any is needed.

To one pint of soft water, add one teaspoonful of salt; one fourth ounce of laudanum; one gill of the expressed juice of plantain; one gill of rye whiskey. If it should prove too strong, dilute with a little soft water, and always use it *warm*. Shake the bottle before using. Keep it corked tightly.

Wakefullness in Disease is probably best for the Patient under many Circumstances.—"During sleep the force of the circulation of the blood is lessened; the power of the brain is lowered, and consequently obstructions in the capillary vessels will be more liable to occur then, than during the waking state. It may be that nature opposes sleep in order to prevent obstructions, and to carry on the recuperative actions. The stupefying of the brain with opium or other narcotics, arrests the curative action and impairs the vital functions. In many instances, patients laboring under an attack of pleurisy, will be unable to sleep during the active stage of the disease, and if they get to sleep, are awakened by a severe pain in the affected side, in consequence of increased obstruction having occurred during the sleep. In acute rheu-

matism, the moment the patient gets to sleep, he feels a darting pain and a jerk that arouses him, and in this way, sleep is prevented, and he is probably benefitted by the inability to sleep at the time.

"Croup, in most instances, comes on during sleep; and epyleptic fits generally occur at night, after sleeping."—*Medical Instructor.*

Much harm is frequently done to patients by arousing them from sleep to give medicine when in a weak condition, and especially if their disease causes them to be wakeful. Sleep is the restorer of nature, and when it comes on naturally, without having taken any narcotic to induce it, will do more good than even medicine.

Give to the laws of life compatible circumstances and proper means, and they will carry us safely through life without a pang; but if they are improper, and opposing nature, then the laws become embarassed, their harmony is disturbed and pain follows.

HOT MEDICINE IN WARM WEATHER.

"Any one who will try the experiment of taking a pure stimulant, either cayenne, ginger, or composition powder, must be convinced of its benefit in giving the system power to bear excessive external heat as well as to resist cold.

"Persons who are oppressed by the summer heat, will find great benefit by stirring some good ginger or cayenne in the water they drink. A teaspoonful of ginger, or half a teaspoonful of cayenne, or common red peppers ground, will be sufficient for a glass of water,—ice water may be used if preferred. These stimulants cannot do

harm in any case; for unlike alcoholic stimulants, their use is not followed by debility; and those who will make the trial, will find that they can better bear the external heat by their use, in whatever employment they may be engaged.

"Two parts of ginger and one part of cayenne, mixed with sugar, is to be preferred to either article alone."—*Comfort's Medical Instructor.*

Persons working in the harvest field or any outdoor employment will find themselves much better able to resist the heat of the sun if they will use these vegetable stimulants.

CAUTION TO PARENTS, &C.

"The Boston Traveler notices the death of a child in that city by convulsions caused by eating raisins. This is no uncommon occurrence. Dr. Dewees, in his work on the physical and medical treatment of children (a book which parents should own), mentions the death of three children from the same cause, and remarks, 'that there is no stomach, unless it be that of the ostrich, that can master the skin of the raisin.' I recollect some time since, the death of a child in convulsions, caused by eating bits of bark and shreds of wool which it had picked up in creeping around the room on the carpet. Dried fruit, bark, cork or wool from the carpet or blanket, or any indigestible substances, in small quantities, cause much suffering, and, in considerable quantities, is almost certain, by obstructing the passage of the bowels, to produce convulsions and death."—*Philadelphia T. M. Journal.*

The above confirms an instance in my own

family. One of my children, about two years of age, was playing on the floor apparently well; in a few hours was taken with a violent fever, which continued until midnight, with great restlessness, when she was seized with a hard convulsion, which I treated as follows: As soon as warm water could be procured, I took a small quantity, adding a teaspoonful of the tincture of lobelia, administered it by injection; the dose was repeated in ten or fifteen minutes, when free vomiting was produced, the child throwing up a soft woolen ball two inches in diameter. The symptoms subsided and the following morning the child was about and seemed almost as well as ever. The ball had been attached to a string belonging to a hood, and had been given to the child to play with, and by becoming detached and moistened in the child's mouth, was easily swallowed; and would have caused death if not expelled from the stomach; hence the importance of having a safe and reliable remedy in every family, and presence of mind and perseverence is often all that is required in addition.

Serious results very frequently arise from swallowing pins, and more especially with children. If not proving fatal, there is a liability of injuring internal organs, from the effects of which persons may suffer for a number of years. In the summer 1863, a little grandchild of mine, about eighteen months old, accidentally swallowed a pin; but little inconvenience was observed for twenty-four hours; at the end of that time the child became restless and feverish; the day following, there was total inability to discharge urine, which produced

much suffering. The following mode of treatment was pursued, with the desired effect: When the first symptoms became apparent, I administered injections, composed of the third preparation of lobelia—one-half teaspoonful, in a half teacupful of bayberry tea, adding a half teaspoonful of sweet oil, (lard, melted, would answer as well;) this gave relief and the fever subsided, but returned in about twelve hours; another injection was given of the same preparation, when the pin passed the bowels, it being quite large, slightly bent and corroded. She speedily recovered, but from subsequent slight derangements, would experience difficulty in passing urine, until the following summer when she had a severe attack of dysentery; this was soon arrested; but the patient suffered from urinary derangement; for this I administered a sitz bath of warm water, above the hips, remaining in from ten to fifteen minutes, and applied poultices composed of onions, sliced and put into a flannel bag, adding a teaspoonful of lard, and then crushed to the consistency of a poultice, and applied warm. (This may be repeated as often as the case demands.) This treatment in connection with internal remedies (see article on dysentery) performed a permanent cure.

Such cases require immediate attention, but nature, with the assistance of the stimulating medicines, triumphed, by loosening or relaxing the tissues and removing obstructions.

Another Case.—The following was related to me by the mother of a child who died from the effects of swallowing a bean, after which he lived for several months, having all symptoms of con-

sumption with the exception of retaining a strong clear voice. His case baffled the skill of several physicians; but upon examination after death, it was found that a large bean had lodged in the stomach and there sprouted, which finally caused death.

DISEASE PRODUCED BY SLEEPING TOGETHER.

During the night there is considerable exhalation from our bodies, and at the same time we absorb a large quantity of the vapors of the surrounding air. Two healthy young children sleeping together will mutually give and receive healthy exhalations; but an old, weak person near a child will, in exchange for health, only return weakness. A sick mother near her daughter communicates sickly emanations to her; if the mother has a cough of long duration, the daughter will, at some time, also cough and suffer by it; if the mother has pulmonary consumption, it will be ultimately communicated to her child. It is known that the bed of a consumptive is a powerful and sure source of cantagion, as well for men as for women, and the more so for young persons. Parents and friends ought to oppose as much as in their power the sleeping together of old and young persons, of the sick and of the healthy. Another reason ought to forbid every mother or nurse keeping small children with them in bed; notwithstanding the advice of prudence, no year passes that we do not hear of a new involuntary infanticide. A baby, full of life, health and vigor in the evening, is found dead the next morning, suffocated by its parents or nurse.

The following letter is from the Philadelphia Thomsonian Medical Journal.—J. W. COMFORT, M. D.—*Dear Sir:* Believing it to be the duty of every one, whether they be of the medical profession or not, to give any information or to relate any thing that comes to their knowledge which may be of use to man, I wish to relate an instance in which I experienced the most effective and immediate relief from the use of a very small dose of lobelia: While at the sea shore on a fishing excursion, I got stung with the fin of a fish in the joint of my little toe. It pained me badly at the time, and made me sick at the stomach; but it was over in a few minutes and I paid no more attention to it. Some three days afterwards my foot began to swell, and the swelling extended up my leg to the groin; and although I soaked my foot in lye, and applied the best poultices I could get, the swelling continued, and swelled around my throat; my jaws began to get stiff, and it was with difficulty I could speak—my head felt as though it had a set-screw around it. I tried every thing I could get, but could get no relief. Fortunately, a doctor with whom you are acquainted, but whose name I regret I have forgotten, came to the house. The only medicine he had was a small vial of tincture of lobelia; he gave me about two teaspoonfuls. It had the effect to make me vomit; when, strange to say, the rigidness of my muscles gave way immediately, my tongue became loose, and I was able to speak without difficulty. The next morning, there was a small discharge from the wound, and the doctor said I was out of danger. By constant applications of warm poul-

tices, made of bread and milk, and mixed with a tea made from the inner bark of sassafras root, a free discharge was brought about; and in little over one week, I was able to put my foot to the ground. I had a bad foot around the wound, and over the top up to the ankle it was quite black. I believe now, that, if I had not obtained the relief the lobelia gave me, I should have had the lock-jaw and lost my life.

Some years ago, I recollect to have read a criticism on Thomsonism, in which, amongst other things, it was said that an emetic would be given for a sore toe, at which we laughed; but I little expected to have its good effects demonstrated upon myself.

I consider this an extraordinary case. I have seen several cases of a different kind, I believe equally critical, and where the use of lobelia has had the like favorable effect; but, perhaps, you are so conversant with those things that it is no interest to you to be made acquainted with them; if you think otherwise, I should be happy to communicate the facts to you. Respectfully,

[Sept. 20, 1853.] A. PURVES.

The same journal relates the case of a boy who was thrown from a horse and seriously injured. Physicians were sent for, who insisted upon bleeding him; but his father would not permit them to do so, although they declared his life could not be saved without. The father (by pressing open his mouth) gave him lobelia tincture and No. 6. The physicians finally left, declaring he was killing his son. However, the family persevered in giving the medicine, though it was with great

difficulty that he could be administered, the boy's mind being in a deranged condition, and finally sent for Dr. Grush, of Williamsport. He said the boy was in a very dangerous way, the brain being so much injured; but told the family he would try to do something for him. Every body that had seen him had given him over to die, believing that no medicine would ever restore him to health again. Even the family had become very much discouraged.

"Dr. Grush gave him a course of medicine, which took him twelve hours. After the first course he could swallow and breathe freely. The doctor stayed with him the next day, and every hour he gave him medicine. In three days he took him through another course. After the second course the young man could swallow some soup and drink tea; his face was swollen and as black as a hat; he still knew nothing, neither could he recognize any person; then he began to talk loud and wild, and was very flighty." They met much opposition, from outsiders, against their plan of treatment; some saying they were cooking him; others, that they were boiling or roasting him.

"The doctor still continued to give him medicine, and in four days he gave him another course (and the last course), which took twelve hours, and removed all obstructions and opened all the outlets. Then his face returned to its natural form and size, and he could open his eyes, which had been shut during the whole time." Then there was rejoicing at the success of the medicine. The young man is now as well as he ever was, and does his father's work on the farm.

Remarks.—"Dr. Grush, in the treatment he pursued in the above case, evinced a degree of confidence in the Thomsonian practice, that goes to show that he comprehended its principles. And although it is the most efficient method, and perfectly consistent with sound sense, there are few, probably, who could venture to administer a full course of medicine in a similar case. Some of the schools would denounce the use of emetics in such cases. But there have been some, even among the allopathic faculty who have recommended emetics after severe injuries, and among them the late Dr. George McClellan, of this city. He made it a practice to impress his students with the great importance of inducing vomiting in all cases where severe injuries were received soon after a meal, before the food had been digested and passed from the stomach. Whenever a severe injury has been inflicted upon the body, digestion at once ceases, whether the injury be a burn, or scald, or blow, or fall; and undigested food in the stomach will occasion oppression; and might even prevent reaction, and the patient die for the want of an emetic to relieve the stomach of its oppressive burden. Even in cases where the brain is seriously injured, soon after a full meal, Dr. McClellan contended for the necessity of giving a prompt emetic, and asserted that the act of vomiting would do no harm to the injured brain. The courage and perseverance of the father in resisting the doctors who were determined on having the boy bled; and the course of treatment pursued by Dr. Grush, was alike creditable to both."

CONNECTION BETWEEN MIND AND BODY.

The best Minds are not produced by early Mental Culture.—Teachers of youth, in general, appear to think, that in exciting the mind, they are exercising something totally independent of the body, some mysterious entity, whose operations do not require any corporeal assistance. They endeavor to accelerate, to the utmost, the movements of an extremely delicate machine, while most unfortunately they are totally ignorant or regardless of its dependence on the body." In this way the body is not only injured, but the mind also. Our greatest and most intelligent men are, many of them, those who were left to wander at their own freedom whilst children, instead of being caged up with a book in their hands. When the body has become fully and healthfully developed, then the mind is better able to develope itself, and will do so in most cases much more perfectly if it has not been overtaxed while it was yet unable to bear it, and its powers enfeebled by an unhealthy physical organization. Children should enjoy their childhood—let them romp and laugh, and shout *in the open air.* Do not keep them penned up in the house when the weather is pleasant. Never check their innocent mirth, but rather encourage it. "Teach them to abhor lying, thieving, tale-bearing, oppression, cruelty, and every vice." But do not attempt to make prodigies of your children. Rejoice if they reach the age of six or seven years, with well formed bodies, good health, and no vicious tendencies, though they be at the same time ignorant of every letter of the alphabet. They will acquire just as important knowledge in

constructing their little mill dams in the brook, or in making a sled or cart, as is ever acquired at school. Both mind and body will be actively engaged in studying the great Book of Nature, which is the *best book* for him; and if he is permitted to go forth among the wonders of creation, he will gather instruction by the eye, the ear, and all his senses."

BATHING IN THE HOT SEASON.

People often expect too much of water; and many persons, when once they get in the habit of bathing, do too much. In hot weather, bathing is very pleasant to the *feelings*, hence the thing is often overdone. The hotter the weather the more liability to harm, because *the system then is not so vigorous as in cool or cold weather*, and, consequently, not so well able to endure strong impressions of any kind.

Ablutions merely sufficient for bodily cleanliness, with those who labor hard, is all that is useful or allowable. Many bathe too much, and thus weaken themselves.

Farmers, and all laboring people, will find the foot bath at evening a most excellent thing. It promotes health and strength, and causes a refreshing sleep. The *idea* of cleanliness has also a most excellent effect on both body and mind.—*Water Cure Journal.*

WARM WATER FOOT BATH.

The proper mode of applying the foot bath is to have the water of an agreeable temperature, and about every two minutes add as much hot

water as the patient can bear for the space of ten or twelve minutes, then rub the feet dry and bathe with whisky.

———o———

MEDICINAL PROPERTIES OF SOME OF THE MOST USEFUL ARTICLES USED IN THE PRACTICE OF MEDICINE.

GINGER.

"Ginger is a grateful stimulant and carminative, and is often given in dyspepsia, flatulent cholic, and the feeble state of the alimentary canal attendant upon atonic gout. It is an excellent addition to bitter infusions and tonic powders, imparting to them an agreeable warming and cordial operation upon the stomach."—*U. S. Dispensatory.*

VINEGAR.

"The use of vinegar on food promotes digestion in particular conditions of the stomach. With the addition of salt and cayenne pepper it constitutes pepper sauce. This preparation is useful as an internal remedy in many cases of disease, and particularly so in some cases of fever, where the patient desires or craves acids. There are families who depend almost exclusively upon the internal use of a mixture of salt and vinegar in all cases of dysentery and bowel complaints. Although this is undoubtedly a valuable remedy, yet certainly not one to be relied upon exclusively in diarrhœa or dysentery. Pepper-sauce forms one of the best applications for the cure of ulcer-

ated sore throat, so often attendant upon scarlet fever. The throat must be swabbed with the mixture and a dose occasionally administered. On many occasions, when patients have expressed a desire for acid, I have directed them to take stale wheat bread dipped in vinegar, and it has agreed well with the stomach in every case where I have recommended it. Within the past month a patient of mine ate freely of bread soaked in vinegar, and continued to take it three or four days, not only without receiving any injury from it, but, on the contrary, it was evidently of special benefit as a medicine. This patient was affected with a form of disease which would have been termed congestive fever by medical men in general.

"Some dyspeptics find nothing to set so well on the stomach as bread and butter dipped in vinegar. Even in cases of sour stomach, vinegar or lemon juice has been found in some instances to suit the stomach better than alkalies. Vinegar, applied after caustic potash, will neutralize the caustic and prevent it penetrating deeper into the flesh.

"*Lemon Juice* may be used for the same purposes as vinegar in cases of sickness. Very often we find that a mixture of lemon juice and sugar, in the form of syrup, suits the stomach remarkably well in cases of disease, particularly in fever."—*Comfort's Practice.*

CIDER.

"Sound cider, more especially old bottled cider, has been used on many occasions of recovery from sickness with the best effects, especially in cases where patients had expressed a desire for it.

The best time for taking it is at or after dinner and supper.

"A pound of the green, or half a pound of the dry burdock root, and a small root of horse-radish, all cut up fine and put to a gallon of good cider is a very healthy drink for those whom cider agrees with, and it is said to prove a powerful preventive to pestilential diseases.

"The roots of burdock, parsley, and horse-radish, and mustard seed, simmered in good cider an hour or more is a good remedy in some cases of dropsey. Iron wire put into sound cider forms a tonic that may be given with especial benefit in many cases of debility attended with extreme paleness of the countenance, evincing deficiency of red blood."—*Comfort's Practice.*

SUGAR.

"Sugar disagrees with many persons in consequence of its tendency to form acid in the stomach. There are conditions of the system, however, where sugar is a very important article, both as food and medicine, especially in long standing cases of scrofula, where the system is weak and emaciated. In these cases it will often prove highly beneficial by producing better chile and richer blood than can be produced by other kinds of food. It may be taken in the form of syrup, rock-candy, or loaf-sugar, and eaten between the regular meals, provided the patient find it to relish well and occasion no unpleasant feelings."—*Comfort's Prac.*

MYRRH.

Two varieties of myrrh are distinguished in the market—the *India* and the *Turkey myrrh.*

There is a great difference in the quality of myrrh. That which comes from Turkey is of a brighter color and more free from impurities than the East India myrrh. When of good quality it is redish yellow and translucent, of a strong, peculiar and somewhat fragrant odor, and a bitter aromatic taste. It is brittle and pulverizable, presenting, when broken, a shining surface, which in the larger masses is very irregular.

Myrrh is actively tonic, somewhat stimulant, and possesses in a high degree antisepic properties. It constitutes the most essential ingredient in Thomson's No. 6, or rhumatic drops.

Myrrh has been employed internally with much benefit in chronic diarrhea and diseases of the lungs or chest, attended with a free expectoration and general debility.

Myrrh may be taken in the form of pills, infusion, tincture, or the powder may be taken suspended in a liquid.

To make Myrrh Pills.—Take a tablespoonful of finely pulverized myrrh, and of pulverized gum-arabic and loaf-sugar, each a large teaspoonful; rub these up with a quantity of water sufficient to form a paste, and make into pills.

To make an Infusion of Myrrh.—Steep an even teaspoonful of pulverized myrrh in a teacup of boiling water, and add a large teaspoonful of sugar and a small portion of cinnamon.

To make a Tincture of Myrrh.—"Put three ounces of powdered myrrh and a quart of alcohol or fourth-proof brandy into a stone jug, and boil half an hour in a kettle of water, or let it macerate several days in a warm place.

"Myrrh, prepared in either of the forms above mentioned, is applicable to cases of general debility, accompanied by a relaxed condition of the bowels and an absence of fever. Dr. S. Thomson informs us that he has discovered it to be a valuable remedy in what are called worm complaints in children for a child that can swallow pills.

"The efficiency of Thomson's No. 6, and third preparation of lobelia, in preventing mortification in diseases of a malignant or putrid tendency, may be partly, at least, attributed to the *myrrh* contained in these preparations.

"Applied to fresh wounds, the tincture of myrrh excites the healing action and lessens the liability to the occurrence of unhealthy inflamation. It is also a useful application in old sores, ulcerated sore throat, running from the ears, aphthous sore mouth, spongy gums, sore nipples, &c. The tincture of myrrh is also employed to promote the expoliation of bones. In sinuous ulcers, and cavities that continue to discharge matter in consequence of a debilitated state of the vessels of the part, tincture of myrrh, combined with an equal quantity of the tincture of bayberry, or bayberry powder put in tincture of myrrh, injected into the cavity, and repeated daily, will seldom fail of establishing the inflammatory action necessary to the production of granulations and a union of the sides of the cavity. Where the parts are too sensitive to admit the tincture to be used undiluted, it may be combined with water or bayberry tea. In cases of scrofulous ulcers, white swelling, hip disease, and wherever there is a free discharge of water from a part, and the

system is in a relaxed condition, the internal use of myrrh will generally prove beneficial. The most convenient way of taking myrrh is in the form of pills.

To Prepare the Powder for Taking.—Put together half a teaspoonful of myrrh and a teaspoonful of sugar, then add a teacup half full of lukewarm water, or a tea of cinnamon or liquorice root, stir the mixture and take before it settles.

"When myrrh is taken in the form of pills or powder, care should be observed to select that of the best quality."—*Comfort's Practice.*

MOTHERWORT.

"The leaves of this plant are in common use as a tonic, nervine, and diaphoretic. It is useful in chronic headache, hysteria, cramps, debility, and nervous affections. An infusion, sweetened, may be taken in the dose of half teacupful, or more, and repeated according to the necessity of the case."—*Matson's Practice.*

BALM.

A tea made of balm and drank warm, forms an excellent drink in febrile, and other complaints, where teas are demanded.

PLANTAIN.

The expressed juice of the common plantain leaf, is regarded as an antidote to poisonous bites and stings. The bruised leaves are used as a poultice to indolent ulcers, old sores, painful piles, and sore eyes. A tea of the plant, made strong,

may be given internally for bowel complaints, and bleeding from the lungs.

FIVEFINGER.

This is a traveling vine, commonly growing in poor uncultivated ground. A decoction of this vine, with the root, is highly beneficial in fevers and night sweats.

LOBELIA INFLATA—EMETIC HERB.

"There are several species of lobelia; none of which, however, appear to possess important medical properties, except the *inflata*. The *lobelia inflata* presents several peculiarities by which it may very readily be distinguished from every other plant. It grows in every kind of soil, but principally in old pasture fields, and in fields that have been in grass a year or more. The young plant may be seen in the fall of the year with its leaves flat upon the ground, spreading out in the form of a star; and it remains in this way the ensuing winter, and arrives at maturity the ensuing year. By cultivation, however, it becomes an annual, that is, if the seeds be deposited early in the spring, and the season is favorable, they will sprout and shoot up stems, and by the expiration of autumn, the plant will have perfected its growth."

"In giving a description of this valuable herb," says Dr. Thomson, "I shall be more particular, because it is the most important article made use of in my system of practice; without which it would be incomplete."

"The extraordinary influence exerted upon the

system, by lobelia, has doubtless induced many to believe that it is poisonous. Dr. Thomson, however, observes, 'There is no vegetable that the earth produces, more harmless in its effects on the human system, and none more powerful in removing disease and promoting health.'

"The result of experiments, proves the active principle of lobelia to be a volatile alkaline substance. The medicinal properties of lobelia are destroyed by boiling, unless a portion of acid be present.

Uses.—"Combined with astringents and stimulants, lobelia may be regarded as the best emetic known. Taken in emetic doses, it awakens sensibility in the stomach; the patient feels his diseased condition; an internal re-action is established; nature is assisted in expelling disease, and more benefit realized, in many instances, from one full operation of this kind, than can be obtained from any other course of treatment.

"It is a safe and effectual remedy in the hands of parents, for relieving the distress accompanying the diseases of children, and may be used at any time without fear of danger. It is excellent in whooping cough, not only mitigating the violence of the cough, but frequently shortening the course of the disease. It is also invaluable in cases of croup.

"*Pills*, composed of equal quantities of brown lobelia and cayenne, may be used as a general medicine in all cases of disease, with almost certain benefit and without injury in any case."—*Comfort's Practice.*

CAPSICUM—CAYENNE PEPPER.

"Capsicum is a pure and permanent stimulant; its direct effect upon the system, when taken, is to raise and support vital action; it restores a natural warmth to the system, increases the power of generating nervous influence, by which the secretions are increased, a determination to the surface is produced, and the circulation of the blood equalized. Cayenne pepper, therefore, is an important agent in the treatment of disease; always assisting nature, and operating against disease, whether it be attended by chilliness, or fever. It is congenial to the living principle in man, as certainly as that the sun is congenial to the life of the vegetable kingdom. The African cayenne is always to be preferred, when it can be obtained pure, and it is very necessary that we procure the pure and undamaged for medical purposes."—*Comfort's Prac.*

PURIFIED CHARCOAL POWDER.

"Charcoal possesses, when properly prepared, anticeptic and absorbent properties to a remarkable degree. But in order to be possessed of these properties, it must, after being reduced to a fine powder, undergo a process of purification, and then be kept from the air, in closely stopped vials, or bottles.

"*Costiveness* may be overcome in many instances by taking a desertspoonful of charcoal, mixed in water, every morning, fasting. It is the general opinion among medical men that charcoal relieves constipation, by acting as a mechanical stimulant to the mucous membrane of the bowels.

"*For sour stomach and heart burn,* charcoal is safe and effectual, at least in relieving for the time; and by improving the condition of the bowels, lessens the tendency to an accumulation of acid in the stomach.

"*Foul breath* can be corrected by the use of charcoal.

"*In dysentary,* charcoal may be used with entire safety, and proves beneficial in relieving to a greater or less extent the obstinate constipation attendant on this form of disease, without harassing the bowels, as do all purgative medicines. It has also been found effectual in correcting the fœtor of the stools.

"*In the Summer Complaints of Infants,* when the passages are unusually offensive, charcoal may be given, either prepared in sweetened water, or with boiled milk.

"*In Dyspepsia,* accompanied with flatulency, and sour, or fœtid eructations, charcoal will be found to afford relief."

NO. 3 PILLS—ANTI-CANKER PILLS.

"These pills contain medical properties which are beneficial in all varieties of disease, furnishing a pure stimulant, congenial with the health-restoring power, to the system; they promote digestion, and give increased tone and energy to the system.

"In all cases of disease, when the patient prefers taking medicine in the form of pills, the No. 3 Pills may be used as a substitute for composition, or for bayberry and cayenne. They may be given in the quantity of from four to six, or eight pills every two or three hours, as a general medicine in

acute diseases, such as pleurisy, dysentery, small-pox, fevers, &c. In bowel complaints, they are particularly recommended.

"Dyspepsia, of long standing, has been cured in many instances, by taking from fifteen to twenty pills daily, with from three to five compound lobelia pills at bedtime, and persevering in their use, daily, for two or three weeks.

"They are a radical cure for *costiveness*. They are *not purgative*, but cleanse the stomach and bowels of all canker and morbid secretions. If the stomach is much deranged, they may cause a little distress for a time, by causing the patient to feel his diseased condition, and may be followed by a diarrhea for a day or two, although they possess no purgative properties, and when the acrid secretions of the stomach have passed off in this way, they will cease to cause purging.

"They are equally well adapted to the cure of disease in children, in doses of from three to five, or six. Taken daily, for a week, they will cure worm complaints, by destroying, or removing the vitiated secretions that feed worms."

COMPOUND LOBELIA PILLS.

Composed of the pulverised seed of lobelia, capsicum, and gum arabic, are an excellent general remedy for disease, and a substitute for all other remedies. They will do no injury in any case, and will prove beneficial in almost every case of disease. "Many invalids have experienced great benefit from the continued use of these pills, taking from one to two, or three, as often as three or four times a day." Some may take five or six, without pro-

ducing the slightest nausea, while others are more susceptable to the impression of lobelia, and will be nauseated by only two or three. To take these daily, for a time, in connection with the No. 3 Pills, will thoroughly cleanse the system, except in cases of seated disease.

INJECTION POWDER.

"The benefit derived from the use of injections is not generally known; life has often been saved by their use in cases of ulcerated sore throat, and other affections, where it was impossible for the patient to swallow. Dr. Thomson says, "Whatever is good to cure disease when taken into the stomach, is likewise good for the same purpose if given by injection, as the grand object is to warm the bowels, and remove canker. They are perfectly safe in all cases. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, where there would be no chance in any other.

"For preparing injections, in ordinary cases, pour half a pint of boiling water on two teaspoonfuls of the powder; when necessary to make much impression, add from half to a teaspoonful of green lobelia, and as much nerve powder, when the above is moderately warm; let it stand warm ten minutes; strain, or pour off the tea, and use it blood warm. In bad cases, add from half to a teaspoonful of the liquid of the third preparation of lobelia in place of the green lobelia and nerve powder; when the bowels are very sore, or irritable, half a teaspoonful of slippery elm should be added. In

violent attacks of disease, as in billious colic, apoplexy, suspended animation, &c., the quantity of third preparation may be increased, and the injection repeated every fifteen or twenty minutes, until the desired effect is produced. The frequent use of injections does not produce the necessity for their repetition.

"A wineglassful, or more, of the injection powder tea, with as much green lobelia as will lie on a ten cent piece, or more, if necessary, is an invaluable remedy for almost all diseases with which children are effected. Cross, fretful, restless children, will be made much more comfortable by the occasional use of injections. For colic, colds, worm complaints, &c., the injections will often effect a cure without any other medicine."

———o———

RECIPES.

PLASTERS AND POULTICES.

MUSTARD PLASTER.

A simple mustard plaster may be prepared by mixing ground mustard and warm water to form a proper consistency for a plaster. If it is desired to weaken the plaster, wheat, or rye flour may be added. A very common form of preparing mustard plaster, is to take equal quantities of ground mustard and wheat, or rye flour, and moisten them with vinegar. Mustard plasters are often found servicable when not left on so long as to occasion a blister.—*Comfort's Practice.*

EMOLIENT AND SLIGHTLY STIMULATING POULTCES.—Take of slippery elm powder two parts; white pond lily root, pulverized, one part; green lobelia powder, half as much as of the white pond lily; mix with warm water. This poultice may be used in all cases of boils and tumors attended with inflammation, and in cases of injuries when the flesh is lacerated. It also forms a suitable poultice for acute inflammation of the eyes, and when a part is burned with a red-hot iron, or live coals, so as to sear the flesh.—*Comfort's Practice.*

STIMULATING AND ASTRINGENT POULTICES.—Take of composition powder and slippery elm, pulverized, equal quantities, wet them with warm water, and then add a portion of sweet lard. This poultice is well adapted to all cases of boils, or abscesses, when the matter has discharged, and in old sores that require cleansing and stimulating, and in chronic inflammation.—*Comfort's Practice.*

FOR SWELLING CAUSED BY COLD IN A SORE.—Take of worm wood, johnswort, wild chamomile, each equal parts; stew them together in a little water, and apply as a poultice.

POULTICE FOR NEURALGIA, PAIN IN THE FACE, TOOTHACHE, &C.—Stew hops in good cider vinegar, put into a flannel bag and apply as hot as can be borne. This will ease the pain, quiet the nerves, and promote sleep.

CATNIP POULTICE.—Catnip leaves, steeped in vinegar and water, and thickened with slippery elm, pulverized, or fine Indian meal, forms a poultice beneficial for painful swellings.

CHARCOAL POULTICE.—Take of pulverized charcoal three parts; ginger, one part; bayberry, one part; slippery elm, two parts; mix them in warm water. This poultice is adapted to the treatment of putrid and offensive ulcers, also gangrene and mortification.

YEAST POULTICE.—Take a quantity of yeast and thicken with a mixture of ginger and rye, or wheat flour. Set it in a warm place until it begins to rise. This may be employed in all cases of gangrene, mortification, &c., sloughing and offensive ulcers.

MYRRH POULTICE.—Equal quantities of the dregs of No. 6, and slippery elm powder, moistened with water, may be employed with especial advantage in cases of indolent ulcers, carbuncles, and long standing inflammation. This form of poultice requires to be moistened occasionally, more particularly when it is applied to a part in which there is an unnatural degree of heat.

———o———

SALVES, LINIMENTS, AND OINTMENTS.

EXCELSIOR SALVE.—Take of lard, two ounces; black pepper, one and a half teaspoonfuls; gum camphor, one-fourth ounce; castile soap, one-fourth ounce; of beeswax, a sufficient quantity to form a salve. Shave the soap and beeswax; then put the ingredients in an earthen, or porcelain vessel, (not in tin or iron,) and place over the fire to melt and mix thoroughly. The quantity may be increased or diminished by proportioning the quantities. It

is a reliable application in all cases of soreness, or swelling, where the skin is not broken. It will entirely disperse abscesses, carbuncles, catarrhs, felons, &c., *if applied before matter has been formed.* It is especially beneficial in cases of caked, or bealed breast; when they have become very hard and painful, this salve will speedily disperse, or bring to a determination, and ease the pain. I have used it in many cases, and always with marked success, and have been acquainted with the remedy upwards of forty years.

This is one of a number of recipes for which I was offered the sum of two hundred dollars, by two physicians; but I valued the reputation of the remedies too highly to permit of their being used in connection with other inconsistent treatment; for however beneficial an external application may be, it cannot of itself perform a perfect work where constitutional treatment is required.

Balm of Gilead Ointment.—Take one pound of lard; three-fourths of a pound of mutton tallow; put into a kettle and add one teacupful of fresh balm gilead buds; place over a slow fire until the buds are fried to a crisp; then skim them out and add to the lard, four ounces of white sugar; one ounce castile soap; one ounce alum; two ounces of rosin, and two ounces of beeswax. Pulverize the alum and rosin, and shave thin the soap and beeswax. Simmer all together one hour, stirring frequently; then strain through a cloth, and it is ready for use. This is an excellent remedy for a cough, or sore throat. Anoint the throat and wear flannel around the neck; and to take inwardly, melt

and take one teaspoonful every other morning, fasting.

I obtained this recipe twenty years ago, and can recommend it as valuable; it was at that time manufactured and sold by a lady in Rochester, New York, who, by its sale, had provided a comfortable home for herself and family. It is very healing, and good to use in any case where a salve, or ointment is needed.

Universal Salve.—Four ounces rosin; two ounces heart suit; one pint white wine; two ounces virgris wax; two ounces venice turpentine; two ounces frankincense; one-half ounce mastic; one drachm camphor.

This salve was prepared and extensively used by Sarah Lee, of Buck's County, Pa., in her practice of medicine. She is better known to the people of that county by the name of Aunt Sallie Lee, and is now gone the way of all the earth; yet her untiring labors in benefitting her fellow creatures will long be remembered, and deserves for her the highest honor. I cannot recommend this salve too highly. When about eighteen years of age, I had my foot badly scalded. Many remedies were applied to no purpose. It continued swelling and became very painful and sore, so that I could rest neither day nor night, until I obtained the "Universal Salve," which gave relief in a very short time, and finally affected a permanent cure.

White Liniment.—Oil of Lavender, one ounce; oil of bergamot, one ounce; oil of organum, one ounce; oil of lemon, one ounce; oil of rosemary, one-half ounce; oil of cinnamon, one-fourth ounce; put these ingredients into one gallon of alcohol,

and secure in a tight bottle. This makes an excellent perfumery, as well as being good to use in any case where a liniment is needed, as in any case of lameness, either from rheumatism, or other cause, or for bruises.

Tar Ointment.—Mix a pound of tar with a pint of melted tallow, and stir the mixture until cold. This ointment is especially well adapted to the cure of scald-head, and some species of tetter. —*Comfort's Practice.*

Soap Liniment–Opodeldoc.–Dissolve an ounce of camphor, and oil of rosemary, and oil of origanum, each a fluid drachm, in a pint of alcohol; then add three ounces of castile soap, and keep it several days in a warm place. This forms an article extensively employed as an external application in cases of inflammation, swelling, bruises, &c.

Simple Cerate.—Melt together one ounce of spermaceti, and three ounces of white wax; and then add six ounces of olive oil. Simple cerate may be employed as a salve to protect raw surfaces from the air. It contains no irritating properties, provided it be made of good articles.

Ammonia Liniment.—Take of water of ammonia, one tablespoonful; of sweet oil, six tablespoonfuls, and mix them thoroughly. This liniment is chiefly employed in inflammatory rheumatism, sprains, and bruises.

Camphor Liniment.—Camphor liniment is prepared by dissolving half an ounce of gum camphor in four fluid ounces of sweet oil. This preparation may be used in cases of bruises, sprains, acute rheumatism, &c.

COUGHS, COLDS, &c.

To Stop a Fit of Coughing.—A correspondent of the London Medical Gazette, states that to close the nostrils with the thumb and finger, during expiration, leaving them free during inspiration, will relieve a fit of coughing in a short time. In addition to the above we can state that to press the finger on the lip, just below the nose, will cause the premonitory symptoms of a sneeze to pass off harmless.

Compound Balsam of Hoarhound, *for Coughs, Colds, Consumption, &c.*—Take of the alcoholic extract of Hoarhound, one teaspoonful; of the alcoholic extract of Lactuca, (wild lettuce,) three teaspoonfuls; Tincture Lobelia Inflata, four ounces; Tincture Skunk Cabbage, four ounces; Tincture Blood-Root, four ounces; Honey, one quart. The extracts to be added to the tincture, and placed over the fire until they incorporate; then add the honey, and shake until thoroughly mixed; and it is then fit for use. *Dose.*—A teaspoonful five or six times a day, or when there is a paroxysm of coughing.

Remedy for a Seated Cough and Dropsy, *Caused by Mercury.*—The small branches, or twigs of the Persimmon tree, made into a strong tea; drink freely of this, and bathe the parts with a strong decoction of the Red Swamp Willow.

Cough Syrup.—Spikenard, one ounce; hoarhound, one ounce; elecampane, one ounce; comfrey one ounce; blood-root, one ounce; hops, one ounce; these articles must be fresh and free from admixture; then mix and put into a quantity of water

sufficient to decoct them; the water should be poured off several times in order to extract all the virtues from them, after which unite the infusions, strain and boil down to one quart. Add one gill of Sicily wine; two pounds of white sugar; boil for a minute or two, to form a syrup. *Dose.*—A wine-glassful, three times a day. This is a valuable expectorant.

Balsam of Honey.—Tincture of lobelia inflata, one pint; essence of anise, two ounces; essence of sassafras, two ounces; strained honey, six ounces. This is an excellent emetic for children; good in croup, whooping cough, asthma, &c.—*Wilkinson.*

Hot Drops, *for Colds, Sore Throat, Cramp, Burns, or Frozen Limbs.*—One quart of alcohol; one ounce gum myrrh; one ounce gum gnac; one ounce oil of hemlock; African cayenne pepper two teaspoonfuls. The gums must be made fine; put in a bottle, and shake occasionally for a day or two, it is then fit for use. *Dose.*—For an adult, one teaspoonful in water. *Bathe well, but not rub.*

MISCELLANEOUS RECIPES.

Comfort's Cholera Mixture.—One ounce African cayenne; one ounce prickly ash; one ounce golden seal; one ounce nerve powder; one ounce hemlock; one ounce bayberry; two ounces ginger; put in three quarts of water and boil down to one half gallon; then strain, and add three quarts sugar house molasses, one quart Jamaica rum, and three pints of No. 6.

Cure for Lockjaw.—A cure was affected on a young lady a short time since, by the application

of powdered beet root, even after symptoms of mortification had appeared. The beet should be carefully dried, powdered, and moistened with warm water. The remedy requires to be renewed as often as dry.

CURE FOR CHILBLAINS.—Fresh beet root grated, adding a little salt, is an effectual cure for frost-bitten flesh.

CURE FOR A WEN.—One pint flax-seed oil; one ounce red lead; one ounce white lead; simmer them together till they become thick enough for a salve. This is said to be an excellent remedy. Medicine should also be taken to purify the blood.

FOR GANGRENE, CARBUNCLES, &C.—Take jimson stalks, leaves, seeds, and all, a good parcel; and a handful of hops. Boil them down very strong. Take out all the rough parts of the herbs, and thicken it with flour of elm, with a little corn meal, to make a very soft poultice. Spread thin and even over the cloth, and then put lard over it to prevent sticking. This application has given almost immediate relief in very severe cases.

FEMALE STRENGTHENING SYRUP.—Take one-fourth of a pound of comfrey root, dried; two ounces of elecampane root; two ounces of feverfew; and one ounce of hoarhound. Put three quarts of water on them, and boil down to three pints; strain and add, while warm, half an ounce of beth root, pulverized; a pint of brandy, and a pound of loaf sugar. *Dose.*—From half to two-thirds of a wine-glassful, three or four times a day. This is used in female weakness, bearing down of the womb,

fluor albus, debility, and relaxation of the genital organs, barrenness, &c.

COLIC DROPS.—Oil of anise, one ounce; oil of peppermint, one ounce; oil of hemlock, half an ounce; oil of cedar, half ounce; oil of cloves, half ounce; oil of cinnamon, half ounce; gum guaiacum, four ounces; alcohol, one quart. *Dose.*—For an adult, thirty drops once in twenty minutes until relieved.—*Wilkinson.*

CHOLERA MEDICINE.—One pint alcohol; one ounce peppermint oil; one ounce rheubarb; one ounce soda; one ounce cinnamon bark, pulverized. *Dose.*—For an adult one teaspoonful in a wineglass of water, well sweetened with loaf sugar. Shake the bottle well before using. If chilly, take it in warm water. Repeat the dose every hour until the disease is checked. For a child, half a teaspoonful. This medicine is recommended in all cases of diarrhea, and has been used with good success. It is a good medicine to keep in the family and have always ready for immediate use.

LINIMENT FOR RHEUMATISM AND SORE THROAT.—Spirits of terebinthæ, one-half ounce; spirits ammonia, one-half ounce; oil of spike, one-fourth ounce; oil origanum, three drachms; oliva oil, five ounces; tincture opium, two ounces.

RECIPE FOR MAKING CIDER WINE.—J. H. Keck, of Macon county, Illinois, communicates the following method of making cider wine, which he highly commends. Take pure cider, made from sound, ripe apples as it runs from the press, put sixty pounds of common brown sugar into fifteen gallons of the cider, and let it dissolve; then put

the mixture into a clean barrel, and fill the barrel up within two gallons of being full with clean cider, put the cask into a cool place leaving the bung out for forty-eight hours; then put in the bung with a small vent, until fermentation wholly ceases, and bung up tight, in one year it will be fit for use. This wine requires no racking; the longer it stands the better. This wine is almost equal to grape wine when rightly managed.

For Worms.—Take half a teaspoonful of powdered alœs, and add sufficient molasses to make it stick well together, of which make six pills, one to be taken every night.

For a Bad Sore.—Old sores sometimes assume a greenish hue, and emit a very unpleasant odor. The best remedy for this condition, is to take common charcoal, reduce it to a powder, and mix it with fresh lard, or butter, (*without salt,*) applied to the sore; the application should be frequently repeated.

Excellent Remedy for Debility of the Stomach.—Take of chamomile flowers, dried lemon and orange peel, each four ounces; bruise them and pour upon them one pint of boiling water. Let it set four hours and then strain it. To the clear liquid, add ginger and sugar to the taste. Of this preparation, take a wineglassful twice a day before eating.

For Stranguary.—The bark of the wild plum tree, made into a strong tea, and taken freely, is a good remedy; it is when sweetened, a pleasant drink and is easily obtained in most parts of the country. It is also good for the same disease in horses.

Anti-Dyspeptic Pills.—Take of powdered aloes, and asafœtida, equal parts, with a sufficient quantity of castile soap to form pills. Take from four to six daily, before meals. I have known these pills to cure dyspepsia of long standing.

Another Remedy for Dyspepsia.—The following was a favorite remedy for dyspepsia with the late Dr. Physick: "A quart of hickory ashes, a teacupful of soot, and a gallon of boiling water." *Dose.* A wineglassful of the tea immediately after meals. *Comfort's Practice.*

Limewater.—How to Prepare It.—Take of fresh burnt lime three ounces, put it in an earthen vessel and pour on half a gallon cold water; stir it occasionally with a wooden stick, and in about three hours put in glass vessels, and keep them corked. Pour off the clear part only for use. Limewater is good to neutralize acidity in the stomach, to correct offensive breath, and overcome putrid eructations. *Dose.*—From two to four ounces should be taken by an adult, combined with an equal portion of milk, and repeated three or four times a day.

Tar-water.—How to Prepare It.—"Take of tar two pints; water, a gallon. Mix, stirring with a wooden rod for fifteen minutes; then, after the tar shall have subsided, strain the liquor, and keep it in well-stopped bottles. As an internal remedy, tar-water may be used in cases of chronic cough, chronic catarrh, piles, and in affections of the kidneys and urinary organs. One or two pints may be taken daily. Tar-water has been used with marked benefit as an injection in cases of fluor

albus, and piles. A mixture of equal quantities of tar-water, and a decoction of sumac and witch-hazel is better than the simple tar-water. Tar-water, and a strong decoction of marsh rosemary, mixed in equal quantities, is a good preparation for washing parts that are chafed in children, ring-worm, and scaly eruptions on the face. Tar-water has of late been successfully used as a styptic, to arrest the flow of blood from wounds."—*Comfort's Practice.*

Blackberry Syrup.—This is a specific for the summer complaint, and a very healthful article. To two quarts of the juice of blackberries, add one pound of loaf sugar; one-half ounce of nutmeg, grated; half ounce cinnamon, pulverized. Boil all together for a short time, and when cold add one pint of brandy. This beverage is said to be a cure for summer complaints.

Indigestion.—Remedy For.—Boil a pint of white wheat three hours, in two quarts of water, or a little more if necessary. Drink of the liquid two or three times a day. We would also recommend eating the wheat with a little dressing of sugar and cream, having known obstinate cases of constipation cured by using the wheat as a diet.

For Constipation.—Take of white mustard seed, pulverized, a half teaspoonful twice a day, before meals. A free use of animal charcoal is also a good remedy.

Cure for a Felon.—As soon as you discover that a felon, or whitlow, is coming on your hand, take a piece of tape and commence wrapping the finger or thumb, as the case may be, from the end up to

the hand, so tight and so close as to stop the circulation. Let it stay wrapped in this way from twelve to twenty-four hours; then take it off if the soreness is all out; if not, repeat the operation. This will drive back any felon, if matter has not formed in it. If the matter has formed, it must be opened when in a proper condition, and the matter discharged, then poulticed as other risings.

Another.—Brush the member from the extremity towards the limb, for ten or fifteen minutes at a time, every hour, and if matter is not actually formed, it will not be.

Tar-water for Eruptions.—Scaly eruptions on the face, or other parts of the body, may be cured in many instances, by simply washing the parts with tar-water, two or three times a day.

Chafing.—The best remedy we can recommend for chafing is raw cotton, saturated with glycerine. The cotton must be placed between the sore and inflamed surfaces.

Thomson's Composition Powder.—Take three pounds of finely-ground bayberry-root bark, one and a half pounds of best ginger, three ounces of cayenne, and three ounces of cloves; all finely pulverized, thoroughly mixed, and passed through a sieve. The composition powder, besides its stimulating qualities, contains astringent and detergent properties. It may be used with safety in all cases of disease, and it is more employed by Botanics, as a general medicine, than any other article, or compound.—*Comfort's Practice.*

Bee-Stings, &c.—Nothing can be better than to bathe the parts with the third preparation of lobe-

lia, for any poisonous sting. If the patient is much affected, administer some of the same inwardly. We recommend the efficacy of this remedy from our own experience.

Ear-Ache.—For ear-ache, occasioned from taking cold, take a honey-comb, lay it on a shovel of hot coals, place a funnel over them, and apply the ear to the small end of the funnel. This will mostly give immediate relief. To drop from two to five drops of tincture of lobelia, or British oil, in the ear, after smoking, will be found beneficial.

Deafness, Occasioned by Indurated Wax, or Wax Covering the Drum of the Ear.—First drop sweet oil in the ear, and some hours afterwards, syringe the ear with warm castile soap suds, and continue the syringing until the wax comes away. Then drop a small quantity of British oil in the ear.

THE THREE FOLLOWING ARE FROM DR. CHASE'S VALUABLE RECIPE BOOK.

Common Colic.—There is a kind of colic with which some persons are afflicted from their youth up, not attended with vomiting and purging. I was afflicted with it from my earliest recollection, until I was over twenty years of age, sometimes two or three times yearly. In one of these cases a neighbor woman came in, and as soon as she found what was the matter, she went out and pulled up a bunch of blue vervain, cut off the roots, put a good handful of them into a bowl, and poured boiling water upon them, and steeped for a short time; she then gave me a drink of the tea, saying: "If you will drink of this tea every day, for a

month, you will never have colic again." I was perfectly easy in a few moments, being entirely free from pain.

Turnip, for Fever Sores.—William Howell, a farmer living about six miles from Jackson, Michigan, says he had a fever sore on his shin for twenty years, sometimes laying him up for months, and at one time preparations were made to cut off the limb. An old man, in New Jersey, told him to scrape a fresh turnip, and apply it every four hours, night and day, until healed. He did so, and it cured him. He feels assured, from using it in other cases, that all will be pleased with it who have any occasion for its use. Apply it oftener if it becomes too offensive.

Poison, Antidote.—When it becomes known that a poison has been swallowed, stir salt and ground mustard, of each a heaping teaspoonful, into a glass of water and drink immediately. It is the quickest emetic known; it should vomit in one minute; then give the whites of two or three eggs in sweet cream or milk, and if the cream or milk is not handy give the eggs alone. I have used the mustard with success in case of my own child, who had swallowed a silver quarter beyond the reach of the finger, but remaining in the throat, which to all appearance would have suffocated him. I first took the plan of turning the head down and patting on the back; failing in this, I mixed a heaping teaspoonful of mustard in sufficient water to admit its being swallowed readily, and in one minute we had the quarter, dinner and all; without it we should have had no child.

Another Antidote for Poison.---Strong coffee,

with a teaspoonful of fine salt added, will in most cases produce immediate vomiting; and after the coffee a portion of olive (sweet) oil should be taken; dose for an adult, half a pint, and for children according to age. This remedy is mostly in reach of all, when perhaps others equally as good could not be obtained immediately. I can most confidently recommend the free use of the third preparation of lobelia, or lobelia in any form to produce vomiting; and it can be relied upon as a safe and efficient remedy in cases of poisoning, or other obstructions in which an emetic is required.

Anti-Scorbutic Powder.---Elder blossoms, one pound; sassafras-root bark, one-half pound; burdock root, one-half pound; narrow leaf yellow dock root, one-half pound; spice-wood bark, one-half pound; upland sumac berries, one-fourth pound; dry thoroughly and pulverize in a mortar. This may be prepared without the sumac berries, although their presence makes it more agreeable to the taste. Make a strong tea by boiling a portion of the powder in water and drink several times a day. It is good in all eruptive diseases, and wherever a medicine is required to cleanse the blood. Particularly good for people predisposed to scrofula.

NOURISHING DRINKS AND DIET FOR THE SICK.

Sarsaparilla Beer.—Take of sarsaparilla root, bruised, one pound; quiac shavings, anise-seed, and liquorice root, each, two ounces; good molasses, one pound; and half a dozen bruised cloves; pour upon these, two gallons of boiling water, and shake the vessel several times a day; after fermentation takes place, it is fit for use. It is often found beneficial in scrofula, where

the patient is in an emaciated and feeble condition; and in a great variety of complaints of long standing, attended with emaciation and debility.—*Comfort's Practice.*

Dried Beef Tea.—Boiling water poured upon chipped dried beef, not smoked, forms a nutritious drink, that agrees well with the sick.—*Comfort's Practice.*

To Obtain the Essence of Beef.—Take from one to two pounds of fresh lean beef, cut it into small pieces, sprinkle it with a little salt, and put it into a dry and perfectly clean bottle, and cork it tightly, or into a jar, either glass or stone, placing a cover on the jar. Set the bottle, or jar, into a kettle of water, and boil the water an hour or more, and then remove it from the fire before the bottle is taken out, it may otherwise be broken by the sudden change of temperature. Essence of beef is highly nutritious, and very easy of digestion, and consequently forms an important article of diet in disease attended with extreme debility, as in the advanced stages of fevers, pleurisy, smallpox, dysentery, &c.—*Comfort's Practice.*

Essence of Chicken.—This may be prepared in the same way as the essence of beef, and is much more wholesome for the sick than the broth which is usually made.

To Make Crust Coffee.—Take some of the crust and thin slices of stale wheat bread, toast it thoroughly, so that there shall be no part of it unbrowned; pour on boiling water, and, after steeping ten or fifteen minutes, it will be ready for use. It may be sweetened, and a portion of milk, or cream, added, if the patient prefer it so. Crust coffee is nourishing, and generally agrees well with the sick. To be taken cold or warm, as the patient may fancy.—*Comfort's Practice.*

Egg Soup.—Beat up the yolk of a fresh egg, and pour on half a pint of boiling water. A little wine and sugar may be added. This is highly nutritious, and generally sets easy on the stomach.

Another Method.—Take the yolk of a hard-boiled egg, mash it in a bowl with a silver spoon; then add

sufficient of boiling water to make it thin enough to be drank. It may be seasoned to suit the taste of the patient.—*Comfort's Practice.*

Graham Biscuit.—Two quarts of graham flour; two even teaspoonfuls soda; a little salt; and piece of lard as large as an egg. Rub all into the flour, and add enough sour milk to make a thick batter. Sweeten with a little molasses if desirable. Drop the cakes on a pan from the spoon, and bake in a quick oven. These biscuits are very good, as well as healthful, and any person afflicted with dyspepsia, or indigestion, will find them a pleasing diet.

Mulled Buttermilk.—Put one quart of buttermilk into a sauce-pan, with two eggs well beaten, and a little salt. Place it over a slow fire, stirring constantly until it boils. Sweeten if preferred. This is very good for consumptives, or persons recovering from low forms of fever.

"*Peculiars*," *or Graham Puffs.*—To one pint of Graham flour, add one pint of milk, and one egg. Stir in the flour slowly till it becomes a smooth, (not thick) batter. Use no soda, nor yeast. Bake immediately. The best bake-pans are of cast-iron, with twelve sockets, which must be first heated, then greased, filled, and instantly returned to the oven. Puffs may also be made without the egg, with milk and water, or all water. This recipe is sufficient for twenty-four puffs. Graham flour from which the puffs are made, is more healthy for daily use than bolted flour; because nearly all the hull, or bran, is seperated from the latter. Bolted flour is deprived of the silica, or silex contained in the bran, and which is given for the support and nourishment of our bones and teeth. Hence Americans are troubled with decayed teeth, and often with their total loss, more than Europeans, as the former more universally eat finely bolted flour, whether wheat or rye.

Unbolted Wheat Flour Gruel.—Take a tablespoonful of the meal, and beat it into a paste with cold water; add salt to the taste, and stir it slowly into a pint of boiling water; continue the boiling four or five minutes, and skim; milk may be added if desir-

able, and then let it again come to a boil, when it will be ready for use. This is highly useful in dyspepsia, costiveness, and all cases of a weak state of the digestive organs. It may also be given during a course of medicine, and is preferable to the porridge made with superfine flour.

Indian Meal Gruel.—To a quart of boiling water, add a little salt, and stir in two tablespoonfuls of the meal, as in making mush. Boil fifteen or twenty minutes, then add any desirable quantity of milk. This gruel is not only good for the sick, but may be used instead of tea or coffee. It will answer without milk.

Barley Water.—Take a tablespoonful of pearl barley, wash it in cold water; then put it in a clean earthen vessel, add a quart of boiling water, let it simmer ten minutes; after it settles, pour off the water, sweeten with loaf sugar, and add a piece of lemon. Used as a drink in fevers.

To make Oat Meal Gruel of Superior Quality.-Take two tablespoonfuls of oat meal; mix it with water gradually in a dish; then add a pint of water and a handful of raisins; simmer over a slow fire five or six hours. This is a good article of diet for the sick, and beneficial in cases of constipation of the bowels.

Liquorice Root Tea.—Good in the last stages of consumption, when there is excessive thirst.

To make Wheat Bran Gruel.—Take a tablespoonful of clean wheat bran, to a pint and a half of water; boil half an hour and sweeten with loaf sugar. Very useful in catarrhal affections.

Food for Infants.—Slippery elm powder added to milk, or to milk porridge, will cause these articles of food to set well on the stomach in many instances where they will disagree with the stomach without the addition of the elm powder. To mix the elm powder with the liquids, first rub a little sugar with the elm, and then it will mix readily with milk or other liquids. The quantity of elm to be used for half a pint of milk should be about a desert spoonful, and this to be rubbed with a teaspoonful of sugar.

The elm should not be added long before the food is to be taken, otherwise it will become too thick to be drank readily.

Dyspeptics will find great benefit from the use of the elm powder in milk porridge, or in boiled milk.

The most perfectly organized infants, when oppressed with an over-loaded stomach, throw up the superfluous food and are relieved. All infants, probably, take more nourishment than can be properly digested; and when the stomach can be relieved by spontaneous vomiting, the child will generally thrive. Infants who do not posses this power to a proper extent, becomes oppressed with undigested food in the stomach; and when it passes into the bowels, causes distress and pain, followed by bowel complaints. The child cries from pain, and to quiet it, is again nursed; and in this way the child is made to suffer night and day from a stomach oppressed with food.

It is better to cause the child to vomit with lobelia every time its stomach becomes oppressed with food, than to harass the bowels for hours trying to work it off. Lobelia will do no injury, and may be given without risk of injuring the system.

METHOD OF DRYING ROOTS AND HERBS.

The more speedily roots, barks, and herbs are dried after being collected, the more perfectly will their medical properties be retained. Roots and barks, and other things of an astringent nature may be dried either in the sun, or in an oven only moderately warm. Roots should be cut up, strung upon a string and hung in a warm dry place, or dried in an oven. "Bayberry-root bark should be dried in an oven of moderate heat, and all its medical properties will then be retained in a state of purity."

Medical herbs should be gathered when fully ripe, or when the blossoms, or seeds, are fully developed, and *before they are frost-bitten*. Barks, of all kinds, are much stronger if procured before the leaf is expanded.

When herbs are gathered they should be carefully freed from any admixture of grass, weeds, &c., care-

fully and thoroughly dried according to the directions given above. They will then retain all of their medical qualities, and much of their natural color. When dry they should be broken up, or stripped from the stalk, if it be heavy, and packed in jars or boxes free from the air.

TOBACCO.

The injurious effects, arising from the use of tobacco in any form, we fear is not generally understood, or, at least, considered. As a medicince it is narcotic, emetic and cathartic; and it is said to possess, at least, two additional powers, if not more. When first used it mostly produces vomiting, but the habit of using it in any form "soon conquers distaste and forms a relish for it that is strong and almost unconquerable." It draws heavily upon the nervous system, injures the eyes, enfeebles digestion, producing water brash, nervous headache, &c.

The following extract from a letter by John Quincy Adams, confirms the idea that the use of tobacco can be abandoned by proper resolution: "In my early youth I was addicted to the use of tobacco in two of its mysteries, smoking and chewing. I was warned, by a medical friend, of the pernicious operation of this habit upon the stomach and nerves, and the advice of the physician was fortified by the results of my own experience. More than thirty years have passed away, since I deliberately renounced the use of tobacco in all its forms; and although the resolution was not carried into execution, without a struggle of vitiated nature, I never yielded to its impulses; and in the space of three or four months of self-denial, they lost their stimulating power, and I have never since felt it as a privation.

"I have often wished that every individual of the human race afflicted with this artificial passion could prevail upon himself to try, but for three months, the experiment which I have made; sure that it would turn every acre of tobacco land into a wheat

field, and add five years of longevity to the average of human life."

Comfort says that tobacco "causes imbecility of mind, and in some instances, melancholy."

THE MANIKIN.

The great practical use of the manikin is to assist in teaching anatomy and physiology. By means of these manikins, (an ingenious piece of French mechanism,) every part of the system is faithfully represented and exhibited; the brain, eye, ear, heart, lungs, veins, nerves, stomach, large and small intestines, &c. The natural size, form, color, and situation of the several parts, are all in the highest degree of perfection. It is a collection of several hundred distinct pieces, most ingeniously attached together by wires, and when united, forming a most excellent representation of a nearly full sized human body. It may be built up and taken down by piece meal with as much facility as a child can erect and demolish a cob house. One of these, at least, should be found in every University, College, and High School in the country. No young man, or woman, should be considered as properly instructed, who is not made familiar with the practical anatomy and physiology which can be taught by the aid of the manikin, and suitable and appropriate drawings.

Dr. A. Landis, proprietor of the Water-Cure Establishment, on the corner of Spruce and Twentieth streets, Philadelphia, is an able lecturer on the manikin. Much practical information may be gained by attending both his public and private lectures, with theuse of his manikin, which represents both the male and female organism.

METERIA MEDICA.

The following named preparations are neatly put up and accompanied by the necessary directions for use, by Robert A. Hance, successor to Aaron Comfort, deceased, No. 729 Market St., Philadelphia. Many of them can be obtained of the principal druggists in Salem, Ohio:

Composition Powder.—This preparation induces a natural warmth of the system, promotes perspiration and the secretions. For colds and slight attacks of disease, it is almost a sovereign remedy. It may be used in any case with safety.

Spiced Bitters.—Is a mild tonic and stimulant. It is beneficial in cases of debility.

Ladies' Spiced Bitters.—Is particularly adapted to weakness and diseases of females.

No. 4 Bitters.—Is a pure tonic. It is good to correct the bile and create an appetite.

No. 3 Powder.—Is designed to remove the morbid secretions from the system.

Anti-Acid Powder.—Is adapted to cases of sour stomach and costiveness.

Conserve of Hollyhock.—Is good for colds, hoarseness, sore throat, bronchitis, affections of the breast, etc. It is very servicable to persons who are liable to take cold from exposure.

Nerve Powder.—Is a safe and valuable medicine in nervous affections.

No. 3, or Anti-Canker Pills.—Are designed to remove the foul or morbid secretions from the system, which is attendant on almost all cases of disease. They assist digestion, promote a healthy action in the stomach and bowels, and are very servicable in cases of low spirits, or despondency. They are one of our most valuable preparations.

Compound Lobelia Pills.—May be used with great benefit in rheumatism, asthma, cough, neuralgia, etc. They awaken sensibility and promote the secretions. They may be used with safety.

Anti-Dyspeptic Pills.—Are especially beneficial in dyspepsia.

Tonic Pills.—For ague and intermittent fever.

Injection Powder.—The use of this preparation strengthens the bowels. It is an important remedy in cases of dysentery, colic, relax, also for costiveness. The benefit that may be derived from the use of enemas is not generally known.

Cough Lozenges.—Good for dry hacking cough.

Cough Powders.—Adapted to cases of cold and cough.

Tooth Powder.—To clean the teeth, improve the breath, and restore diseased gums.

Healing Salve.—For all cases of sores and wounds.

Strengthening Plaster.—For weakness in the back, or other part of the body.

Cancer Plaster.—For taking out cancers and cleaning old indolent ulcers.

Adhesive Plaster.—Is of great importance in cuts, or wounds, when the parts require being held together.

Headache Snuff.—Affords great relief in catarrh, cold in the head, headache, etc.

Sterling's Cure-All Salve.—For all kinds of sores, and also for a burn or scald.

Third Preparation of Lobelia.—Is a medicine of great power and efficacy in relieving sudden and violent attacks of disease, as convulsions, or fits, colic, cramp, cholera, suspended animation from injury or other cause, and assisting nature in cases of small pox, scarlet fever, etc., by inducing a determination to the surface. It is a safe and efficient emetic.

Prepared Lobelia Emetic.—Is an active, safe, and efficient emetic.

Compound Valerian Carminative.—Is a substitute for the various preparations of opium. It allays nervous excitement, quiets restless children, and promotes sleep without entailing the bad effects of opium.

Tincture of Lobelia.—Is one of the most valuable of medicines for infants and children. It may be used with benefit in nearly all the complants attending infancy. It affords great relief in asthma and affections of the breast.

Tincture of Myrrh.—Is good for wounds, diseased gums, &c.

No. 6, or Rheumatic Drops.—Is used as a general medicine in slight ailments, such as colic, headache,

sick stomach, rheumatic affections, etc. Also, as a local application for sprains, bruises, pains, rheumatism, etc. For fresh wounds it scarcely has a rival.

No. 5 Syrup.—Is good for bowel complaint in children, and to restore weak patients when recovering from sickness.

Cough Syrup.—Is adapted to cough in general, and asthmatic affections.

Compound Syrup of Hoarhound.—Is a valuable remedy in affections of the chest, and particularly when expectoration is free.

Croup Syrup.—Is prepared for the relief of croup.

Worm Syrup.—Designed to expel worms.

Butternut Syrup.—Operates as a physic.

Cholera Mixture.—This preparation we do not hesitate to recommend as the most effectual remedy known for bowel complaints in general.

Wine Bitters.—Warms the stomach and excites to healthy action.

NOTICE.—It must be evident to every one that medicine, to have its proper effect, must be genuine, pure, and uninjured by age, or exposure. Hence it is all important that those who would be benefitted by the use of these medicines, should look well to their qualities. These remarks are deemed necessary, because large quantities of the Botanic medicines, particularly Composition Powder, Capsicum, Bayberry, and No. 6, are manufactured by Druggists and others, and being composed of bad materials, are unfit for use as medicine. Persons not interested in advancing the botanic practice, take advantage of opportunities for working off cheap and damaged articles in the way of botanic compounds, when the fraud is not easily detected, except by good judges. In this way essential injury is done Thomson's system, and the benefit that would be received from the use of good medicine is not realized. With the exception of No. 6, it is difficult to give tests by which those not familiar with the medicine can judge correctly of their quality. The No. 6, when good, should present the appearance of milk when combined with three or four times its quantity of water. When this effect is not produced, or when it has a

rank, bitter taste, it is not good, and should not be used internally.

———o———

SIMPLE MEDICINE—Crude and Powdered.

Archangel,
Aven's Root,
Balmony,
Barbary,
Bayberry,
Balsam Fir,
Beth Root,
Bitter Root,
Button Snake Root,
Black Root,
Blood Root,
Boneset,
Bugle,
Burdock Root,
Burdock Seed,
Burdock Leaves,
Butternut Bark,
Bitter Sweet,
Balm,
Black Alder Bark,
Black Snake Root,
Black Cohosh,
Blue Cohosh,
Black Birch Bark,
Blackberry Root,
Blue Flag,
Blessed Thistle,
Cocash,
Charcoal Purified,
Cloves,
Colic Root,
Cinnamon,
Camphor,
Cow Parsnip,
Crane's Bill,
Comfrey,
Colt's Foot,
Catnip,
Celendine,
Carrot Seed, wild
Centuary,
Chamomile,
Cramp Bark,
Cleavers,
Chequer Berry,
Dandelion,
Dock Root,
Dogwood Bark,
Dittany,
Dewberry Root,
Elder Berries,
Elecampane,
Elder Flowers,
Fern Meadow,
Fleabane,
Frostwort,
Feather Few,
Fever Few,
Fern Sweet,
Flax Seed,
Garget,
Ginseng,
Golden Rod,
Golden Thread,
Gravel Plant,
Ground Ivy,
Ginacum,
Ginger Jamaica,
Ginger Root,
Golden Seal,
Gum Myrrh,
Gum Arabic,
Gum Guiacum,
Hardhack Leaves,
Hoarhound,
Horsemint,
Hyssop,
Hemlock Bark,
Indian Hemp,
Indian Turnip,
Johnswort,
Juniper Berries,
Lobelia Seed,
Lobelia Herb,
Life Everlasting,
Life Root,
Liverwort,
Lovage,
Lungwort,
Mugwort,
Mullein,
Motherwort,
Marsh Rosemary,
Mandrake,
Maiden Hair,
Male Fern,
Mallows,
Masterwort,
Mustard Seed,
Mayweed,
Oak Bark, black
Oak Bark, white
Oak Bark, red
Pleurisy Root,
Poplar Bark,
Prickly Ash Bark,
Prickly Ash Berries,
Pappoose Root,
Partridge Berry, vine
Parsley Leaves,
Pennyroyal,
Peruvian Bark,
Princes Pine,
Pipsisaway,
Queen of the Meadow
Quince Seed,
Raspberry Leaves,
Rue,
Slippery Elm,
Sumac Berries,
Sumac Leaves,
Scull Cap,
Skunk Cabbage,
Sup. Car. of Soda,
Solomon's Seal,
Southern Wood,
Snake Root, Virginia
Snake Root, black
Snake Root, Seneca
Spikenard,
Spearmint,
Squaw Root,
Squaw Weed,
Sweet Gale,
Sweet Flag,
Sweet Marjoram,
Sage,
Sarsaparilla,
Sassafras Bark,
Sassafras Pith,
Scabions,
Summer Savory,
Thyme,
Unicorn,
Vervain,
Worm Wood,
Watermelon Seed,
Wild Indigo,
Wintergreen,
Wild Cherry Bark,
Witch Hazel,
W. Walnut Bark,
Yarrow.

Having met with some opposition in the practice of medicine, and especially among medical professors, I was induced to obtain the testimony of a few of the numerous cases I have successfully treated:

Salem, Ohio, Nov. 30, 1857.—This is to certify that Mrs. Rachel M. Watson, attended my wife for gathered breast in the year 1854, and was entirely successful in effecting a cure after other physicians had failed to do any good. Signed,

CHARLES YATES.

North Georgetown, Ohio, Sept. 15, 1858.—I hereby certify that my wife was afflicted with a very sore breast, and having failed to obtain relief from other physicians, applied to Mrs. Rachel M. Watson, whose medicines gave her immediate relief, and effected a speedy and permanent cure. HENRY FOX.

Salem, June, 1859.—This is to certify that after being afflicted with a sore breast for three months, in which time erysipelas followed, I applied to Mrs. Rachel M. Watson, who performed a speedy and permanent cure, after other physicians had failed to give relief. Mrs. MARY A. TATEM.

Salem, Ohio, Dec. 3, 1857.—I cheerfully certify that Mrs. Rachel M. Watson, cured my wife of gathered breast after other doctors had failed to do her any good. SIMON SUMMERS.

Harrisburgh, Dec. 3, 1857.—This is to certify, that my wife had a very sore breast for ten weeks, and was attended by a physician during that time without receiving any benefit. I then procured the services of Mrs. Watson, who relieved her in 24 hours, and cured her entirely in a short time.

Dr. P. FRYFOGLE.

Salem, Ohio, Dec. 3, 1857.—This is to certify, that my wife was taken very suddenly with congestion of the liver, and was so bad that for a time I despaired of her recovery; but soon had the satisfaction of seeing her mend rapidly under the treatment of Mrs. Rachel M. Watson, whose medicines restored her to health in a very short time. J. W. BUCK,

Manager W. U. Telegraph.

"WHAT I LIVE FOR."

"I live for those who love me,
For those I know are true,
For the heaven that smiles above me,
And waits my spirit too!
For the human ties that bind me,
For the task by God assigned me,
For the bright hopes left behind me,
And the good that I can do.

"I live to learn the story,
Who have suffered for my sake,
To emulate their glory,
And follow in their wake:
Bards, Martyrs. Patriots, Sages,
The noble of all ages,
Whose deeds crown history's pages,
And times great volume make.

"I live to hail the season,
By gifted minds foretold,
When man shall rule by reason,
And not alone by gold.
When man to man united,
And every wrong thing righted,
The whole world shall be lighted,
As Eden was of old.

"I live to hold communion
With all that is divine,
To feel there is a union
'Twixt nature's heart and mine;
To profit by affliction,
Reap truths from fields or fiction,
Grow wiser from conviction,
And fulfill each grand design.

"To live for those who love me,
For those I know are true,
For the heaven that smiles above me,
And waits my spirit too;
For the wrong that needs resistance,
For the cause that lacks assistance,
For the future in the distance,
And the good that I can do."

CONTENTS.

Introduction,.....v
Death of Samuel Thomson, M. D.,.....9
Letters of Dr. Waterhouse,.....12
Principles of Medicine,.....32
Theories of Medicine,.....37
Remarks.....38
The Unity of Diseases,.....44
General Directions for administering a Course of Medicine,.....47
Remarks Concerning various Symptoms that attend the Operation of a Course of Medicine,.....53
Of Peculiar Symptoms Sometimes Observed During the Operation of a Course of Medicine,.....55
The Vapor Bath,.....61
The Vapor Bath, Directions for Administering,.....63
The Hot-Air Bath,.....66
Warm Water Foot-Bath,.....163

DISEASES.

Ague and Fever,.....82
Apoplexy, Paralysis, Epilepsy, &c.,.....137
Bleeding from the Lungs,.....144
Cholera Morbus,.....90
Cholera Infantum,.....91
Cholera,.....93
Cholera, Prevention of.....98
Cholera, Cases of.....100
Croup,.....145
Dysentery,.....85
Disease of the Kidneys,.....134
Disease of the Liver,.....135
Dyspepsia—Indigestion,.....136
Diptheria,.....139
Disease of the Heart,.....141
Dropsical Affections,.....142
Erysipelas,.....117
Fever and its Treatment,.....68
Felons and Abscesses,.....120
Fainting,.....142

Hydrophobia,.....123
Infantile Convulsions,.....137
Jaundice,.....138
Measles.....118
Neuralgia,.....141
Prickly Heat,.....116
Piles,.....134
Pleurisy,.....142
Quinsy,.....143
Rheumatism,.....143
Small-Pox.....109
Scald-Head,.....115
Scarlet Fever,.....119
Shingles,.....119
Sprains,.....126
Sick Headache,.....139
Stroke of the Sun,.....143
Tetter.....116
Treatment of Old Sores, Chronic Ulcers, &c.,.....120
Tape Worm,.....126
Vaccination—Cow Pox,.....111
Wounds, Cuts, and Bruises,.....125
Worms in the Stomach and Bowels,.....133
Whooping Cough,.....138
Bathing in the Hot Season,.....163
Caution to Parents, &c.,.....154
Connection Between Mind and Body,.....162
Diseases Produced by Sleeping Together,.....157
Hot Medicine in Warm Weather,.....153
Preservation of the Eyes,.....149
Wakefulness in Disease, &c.,.....152

MEDICINAL PROPERTIES OF SOME OF THE MOST IMPORTANT ARTICLES USED IN THE PRACTICE OF MEDICINE.

Balm,.....169
Cider,.....165
Capsicum.....172
Charcoal, Purified 172
Compound Lobelia Pills,.....174
Fivefinger,.....170
Ginger,.....164
Injection Powder,.....175
Lobelia Inflata,.....170
Myrrh,.....166
Myrrh Pills,.....167
Myrrh, Infusion of.....167
Myrrh, Tincture of.....167
Myrrh Powder,.....169

Motherwort,.....169
No. 3, or Anti-Canker Pills,.....173
Plantain,.....169
Sugar,.....166
Vinegar,.....164

PLASTERS AND POULTICES.

Catnip Poultice,.....177
Charcoal Poultice,.....178
Emolient and Slightly Stimulating Poultices,.....177
For Swelling Caused by Cold in a Sore,.....177
Mustard Plaster,.....176
Myrrh Poultice,.....178
Poultice for Neuralgia, &c.,.....177
Yeast Poultice,.....178

SALVES, LINIMENTS AND OINTMENTS.

Ammonia Liniment,.....181
Balm of Gilead Ointment,.....179
Camphor Liniment,.....181
Excelsior Salve,.....178
Soap Liniment—Opodeldoc,.....181
Simple Cerate,.....181
Tar Ointment,.....181
Universal Salve,.....180
White Liniment,.....180

COUGHS, COLDS, &C.

Balsam of Honey,.....182
Compound Balsam of Hoarhound,.....182
Cough Syrup,.....182
Remedy for Seated Coughs, &c.,.....182
To Stop a Fit of Coughing,.....182

MISCELLANEOUS RECIPES.

Anti-Dyspeptic Pills,.....187
Another Remedy for Dyspepsia,.....187
Anti-Scorbutic Powder,.....192
Bad Sore, Remedy for.....186
Blackberry Syrup,.....188
Bee Stings, &c.,.....189
Comfort's Cholera Mixture,.....183
Cholera Medicine,.....185
Chilblains, Cure for.....184
Colic Drops,.....185
Cider Wine, How to Prepare.....185
Common Colic, Cure for.....190
Constipation, Remedy for.....188
Chafing,.....189

Composition Powder, Thomson's.....189
Debility of the Stomach—Excellent Remedy,.....186
Earache,.....190
Female Strengthening Syrup, ...184
Felon, Cure for.....188
Fever Sores, Turnip for.....191
Gangrene, Carbuncles, &c., Remedy for.....184
Lockjaw, Cure for.....183
Lime-Water, How to Prepare.....187
Liniment for Rheumatism and Sore Throat,.....185
Poison—Antidote,.....191
Poison—Antidote, Another.....191
Stranguary, Cure for.....186
Tar-Water, How to Prepare.....187
Tar-Water for Eruptions,.....189
Wen, Cure for.....184
Worms, Remedy for.....186

NOURISHING DRINKS AND DIET FOR THE SICK.

Barley Water,.....195
Crust Coffee,.....193
Dried Beef Tea.....193
Essence of Beef,.....193
Essence of Chicken,.....193
Egg Soup.....193
Graham Biscuit,.....194
Indian Meal Gruel,.....195
Liquorice Root Tea,.....195
Mulled Buttermilk,.....194
Oat Meal Gruel,.....195
Peculiars, or Graham Puffs,.....194
Sasaparilla Beer,.....192
Unbolted Wheat Flour Gruel,.....194
Wheat Bran Gruel,.....195
Food for Infants,.....195
Method of Drying Roots and Herbs,.....196
Materia Medica,.....199
Tobacco,.....197
The Manikin,.....198
Certificates.....203
What I Live For.....204

JUL 1 1944

LIBRARY OF CONGRESS
0 022 194 760 5